



Corn and Tomato Bisque



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



221 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 cups chicken stock see low-sodium canned
- ☐ 1 tablespoon cilantro leaves plus more for garnish finely chopped
- ☐ 2 tablespoons crème fraîche
- ☐ 3 cups corn kernels fresh frozen
- ☐ 1 large garlic clove minced
- ☐ 1 large jalapeño
- ☐ 8 plum tomato halves fresh frozen halved lengthwise seeded coarsely chopped
- ☐ 4 servings salt and pepper freshly ground

- ☐ 1 scallion thinly sliced
- ☐ 1 tablespoon sherry vinegar
- ☐ 0.5 teaspoon sugar
- ☐ 2 tablespoons butter unsalted

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ blender
- ☐ plastic wrap
- ☐ broiler
- ☐ skewers
- ☐ slotted spoon

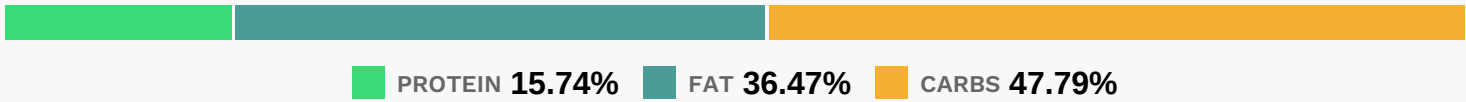
Directions

- ☐ Roast the jalapeo on a skewer directly over a gas flame or in a pan under the broiler, turning, until charred all over.
- ☐ Transfer the jalapeo to a bowl, cover with plastic wrap and let steam for 10 minutes. Peel, core, seed and finely chop the jalapeo. In a small bowl, combine the jalapeo with the vinegar and sugar and stir until the sugar dissolves.
- ☐ Melt the butter in a large, heavy saucepan.
- ☐ Add the onion and cook over moderately high heat, stirring, until lightly browned, 6 to 7 minutes.
- ☐ Add the corn and garlic and cook, stirring, until the corn is lightly browned, about 5 minutes.
- ☐ Add the stock and simmer until the corn is tender, about 15 minutes. Season with salt and pepper.
- ☐ Using a slotted spoon, transfer 1 1/2 cups of the corn to a blender, add the crme frache and 1/2 cup of the cooking liquid and puree until smooth, about 2 minutes. Return the puree to the

soup.

- ☐ Add the tomatoes, scallion and 1 tablespoon of cilantro to the soup and cook until heated through. Ladle the soup into 4 shallow bowls, garnish with cilantro, the jalapeo and a drizzle of the chile vinegar.
- ☐ Serve hot.
- ☐ Make Ahead: The soup can be prepared through Step 3 and refrigerated for up to 2 days. Reheat before proceeding.
- ☐ Wine Recommendation: Sweet, succulent corn has a particular affinity for a creamy-textured Chardonnay. Pick a lighter example, such as the 1998 Argyle Willamette Valley from Oregon or the 1998 Waterbrook from Washington State.

Nutrition Facts



Properties

Glycemic Index:58.52, Glycemic Load:1.77, Inflammation Score:-8, Nutrition Score:13.634347716103%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 221.43kcal (11.07%), Fat: 10g (15.38%), Saturated Fat: 5.02g (31.36%), Carbohydrates: 29.48g (9.83%), Net Carbohydrates: 25.62g (9.32%), Sugar: 11.31g (12.56%), Cholesterol: 18.59mg (6.2%), Sodium: 290.8mg (12.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.71g (19.42%), Vitamin C: 29.43mg (35.67%), Vitamin A: 1523.05IU (30.46%), Vitamin B3: 5.97mg (29.85%), Potassium: 821.65mg (23.48%), Phosphorus: 207.1mg (20.71%), Manganese: 0.34mg (17.15%), Vitamin K: 17.88µg (17.03%), Folate: 67.79µg (16.95%), Fiber: 3.86g (15.43%), Vitamin B1: 0.22mg (14.71%), Magnesium: 58.47mg (14.62%), Copper: 0.26mg (13.08%), Vitamin B6: 0.25mg (12.63%), Vitamin B2: 0.17mg (10.15%), Vitamin B5: 0.94mg (9.36%), Iron: 1.49mg (8.27%), Vitamin E: 1.08mg (7.17%), Zinc: 1mg (6.67%), Vitamin B12: 0.26µg (4.34%), Calcium: 36.11mg (3.61%), Selenium: 1.09µg (1.55%)