



Corn and Tomato Soup

 Vegetarian  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



222 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.3 cup basil leaves fresh chopped
- 1 pound regular corn frozen thawed
- 1 teaspoons kosher salt
- 3 cups chicken broth low-sodium
- 2 tablespoons olive oil extra-virgin
- 2 shallots coarsely chopped
- 2 medium tomatoes seeded chopped

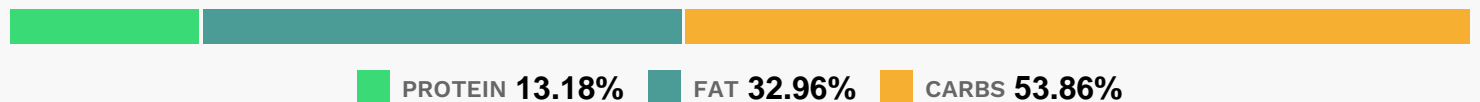
Equipment

- bowl
- frying pan
- sauce pan
- ladle
- blender

Directions

- In a 3-quart saucepan, heat the oil over medium-high heat.
- Add the shallots, salt and pepper. Cook, stirring occasionally, until soft, about 3 minutes.
- Place the cooked shallots, corn and chicken stock in a blender. Blend until smooth.
- Pour the corn mixture back into the saucepan. Bring the mixture to a simmer over medium heat. Cook for 5 minutes, stirring occasionally.
- Remove the pan from the heat and stir in the tomatoes and basil.
- Ladle the soup into bowls and serve.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:1.18, Inflammation Score:-6, Nutrition Score:11.027826143348%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 222.37kcal (11.12%), Fat: 9.1g (14%), Saturated Fat: 1.44g (9.01%), Carbohydrates: 33.46g (11.15%), Net Carbohydrates: 29.06g (10.57%), Sugar: 2.84g (3.15%), Cholesterol: 0mg (0%), Sodium: 644.96mg (28.04%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.19g (16.37%), Vitamin B3: 4.74mg (23.69%), Vitamin C: 17.86mg (21.65%), Potassium: 681.05mg (19.46%), Fiber: 4.4g (17.6%), Phosphorus: 175.25mg (17.53%), Manganese: 0.34mg (16.82%), Vitamin B6: 0.32mg (15.8%), Vitamin K: 15.81µg (15.05%), Folate: 59.9µg (14.97%), Magnesium: 48.85mg (12.21%), Vitamin A: 597.82IU (11.96%), Copper: 0.2mg (10.25%), Vitamin B2: 0.17mg (9.92%), Vitamin B1: 0.15mg (9.86%), Vitamin E: 1.36mg (9.06%), Iron: 1.57mg (8.75%), Zinc: 1.14mg (7.61%), Vitamin B5: 0.43mg (4.3%), Vitamin B12: 0.18µg (2.95%), Calcium: 26.58mg (2.66%), Selenium: 1.08µg (1.54%)