



## Corn and Tomato Stew

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



196 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 3 tablespoons butter
- 1 large shallots coarsely chopped
- 3 slices bacon
- 0.5 cup wine (such as Pinot Grigio)
- 3 cloves garlic chopped
- 1 large jalapeno finely chopped
- 1 chipotle sauce finely chopped
- 3 cups chicken broth reduced-sodium

- 4 ears corn fresh
- 0.5 cup grape tomatoes halved
- 0.3 cup cilantro leaves fresh finely chopped
- 1 tablespoon juice of lime fresh
- 1 serving pepper black freshly ground
- 1 serving cilantro leaves fresh for garnish

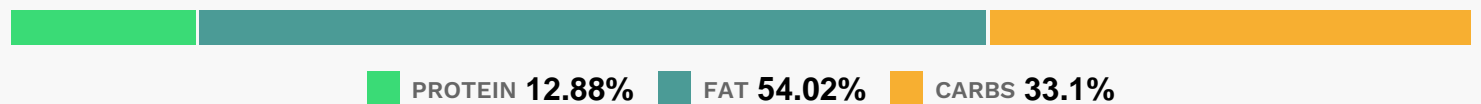
## Equipment

- bowl
- dutch oven

## Directions

- In 4-quart Dutch oven, melt 2 tablespoons of the butter over medium-high heat.
- Add shallot and bacon; cook until bacon is thoroughly cooked.
- Add wine; heat to boiling and cook until reduced by half.
- Add garlic and both chiles; cook 1 minute, stirring frequently.
- Add chicken stock and corn cobs; cook about 10 minutes or until liquid is reduced by half.
- Remove and discard corn cobs.
- Add corn kernels; simmer over medium heat, stirring frequently. Stir in remaining tablespoon butter.
- Add tomatoes, chopped cilantro and lime juice; stir gently. Season to taste with salt and pepper.
- Serve stew in bowls, garnished with cilantro leaves.

## Nutrition Facts



## Properties

Glycemic Index:46, Glycemic Load:0.47, Inflammation Score:-5, Nutrition Score:6.390869660222%

## Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

## **Nutrients (% of daily need)**

Calories: 195.67kcal (9.78%), Fat: 11.66g (17.94%), Saturated Fat: 5.49g (34.32%), Carbohydrates: 16.08g (5.36%), Net Carbohydrates: 14.13g (5.14%), Sugar: 5.21g (5.79%), Cholesterol: 22.31mg (7.44%), Sodium: 165.05mg (7.18%), Alcohol: 2.1g (100%), Alcohol %: 1.11% (100%), Protein: 6.26g (12.51%), Vitamin B3: 3.26mg (16.29%), Vitamin C: 10.28mg (12.47%), Phosphorus: 115.41mg (11.54%), Potassium: 348.79mg (9.97%), Vitamin A: 467.54IU (9.35%), Vitamin B1: 0.14mg (9.06%), Manganese: 0.16mg (7.91%), Fiber: 1.95g (7.78%), Vitamin B6: 0.15mg (7.59%), Folate: 30.04µg (7.51%), Magnesium: 28.21mg (7.05%), Copper: 0.12mg (5.81%), Vitamin B5: 0.55mg (5.46%), Vitamin B2: 0.09mg (5.16%), Selenium: 2.92µg (4.18%), Iron: 0.74mg (4.1%), Vitamin K: 4.3µg (4.1%), Zinc: 0.59mg (3.96%), Vitamin B12: 0.18µg (3.08%), Vitamin E: 0.43mg (2.85%), Calcium: 14.81mg (1.48%)