



Corn Chowder

 Vegetarian

READY IN



55 min.

SERVINGS



8

CALORIES



483 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons butter
- 6 ears corn
- 0.3 cup flour all-purpose
- 0.3 cup parsley leaves fresh chopped
- 6 sprigs thyme leaves fresh
- 2 garlic cloves minced
- 2 cups heavy cream
- 2 idaho potatoes diced peeled

- 8 servings olive oil extra-virgin
- 1 onion diced
- 8 servings salt and pepper black freshly ground
- 6 cups vegetable stock canned

Equipment

- bowl
- ladle
- pot

Directions

- Heat the butter and 1 tablespoon olive oil in a soup pot over medium heat.
- Add the onion, garlic, and thyme and cook until the vegetables are good and soft, 8 to 10 minutes. Dust the vegetables with flour and stir to coat everything well.
- Pour in the vegetable stock and bring to a boil.
- Add the cream and the potatoes, bring to a boil and boil hard for about 7 minutes, until the potatoes break down (this will help to thicken the soup and give it a good texture).
- Cut the corn kernels off the cob and add to the soup. Season with salt and pepper and simmer until the corn is soft, about 10 to 12 minutes. Stir in the parsley and give it another little drink of olive oil. Ladle the soup into bowls and serve.

Nutrition Facts



Properties

Glycemic Index:52.59, Glycemic Load:11.16, Inflammation Score:-9, Nutrition Score:12.240869542827%

Flavonoids

Apigenin: 4.07mg, Apigenin: 4.07mg, Apigenin: 4.07mg, Apigenin: 4.07mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 2.81mg, Quercetin: 2.81mg,

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Nutrients (% of daily need)

Calories: 482.6kcal (24.13%), Fat: 39.36g (60.55%), Saturated Fat: 17.67g (110.43%), Carbohydrates: 31.07g (10.36%), Net Carbohydrates: 28.48g (10.36%), Sugar: 8.41g (9.35%), Cholesterol: 74.76mg (24.92%), Sodium: 758.53mg (32.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.78g (11.55%), Vitamin K: 42.73µg (40.7%), Vitamin A: 1658.76IU (33.18%), Vitamin E: 2.72mg (18.12%), Vitamin C: 12.93mg (15.67%), Vitamin B6: 0.3mg (14.98%), Potassium: 505.35mg (14.44%), Manganese: 0.28mg (13.99%), Phosphorus: 136.11mg (13.61%), Vitamin B1: 0.2mg (13.4%), Folate: 51.28µg (12.82%), Vitamin B2: 0.2mg (11.6%), Magnesium: 46.19mg (11.55%), Vitamin B3: 2.08mg (10.38%), Fiber: 2.59g (10.36%), Vitamin B5: 0.85mg (8.5%), Iron: 1.43mg (7.93%), Vitamin D: 0.95µg (6.35%), Copper: 0.12mg (5.97%), Calcium: 59.7mg (5.97%), Selenium: 3.94µg (5.63%), Zinc: 0.71mg (4.7%), Vitamin B12: 0.1µg (1.69%)