



Corn chowder with garlic croûtons

 Vegetarian

READY IN



40 min.

SERVINGS



4

CALORIES



383 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 25 g butter
- ☐ 1 small onion finely chopped
- ☐ 1 small garlic clove crushed
- ☐ 1 stick celery chopped
- ☐ 1 small bell pepper green cubed deseeded
- ☐ 1 large potatoes cubed
- ☐ 600 ml milk
- ☐ 300 ml vegetable stock

- ☐ 300 g regular corn drained and rinsed canned
- ☐ 3 drops all the tabasco sauce you handle
- ☐ 2 tbsp chives fresh chopped
- ☐ 2 slices bread thick cubed
- ☐ 2 garlic clove crushed
- ☐ 2 tbsp olive oil

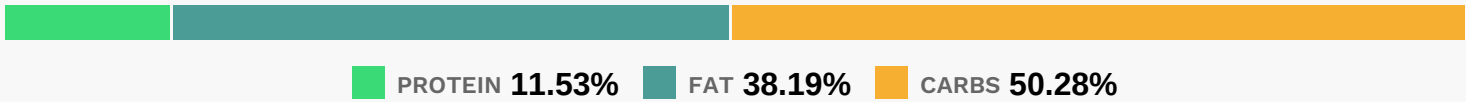
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat butter in a pan, then cook onion, garlic, celery, pepper and potato for 5 mins. Stir in milk and stock, bring to the boil, then simmer for 15 mins. Stir in corn, cook for 3 mins, then add Tabasco and seasoning.
- ☐ For the crotons, place the bread in a bowl with the garlic, oil and some salt, toss well.
- ☐ Heat a non-stick pan, then gently cook cubes until golden and crisp.
- ☐ Serve the soup topped with the chives and crotons.

Nutrition Facts



Properties

Glycemic Index:116.73, Glycemic Load:24.22, Inflammation Score:-8, Nutrition Score:17.7791304381%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg Isorhamnetin: 0.98mg, Isorhamnetin: 0.98mg, Isorhamnetin: 0.98mg, Isorhamnetin: 0.98mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.76mg, Quercetin: 4.76mg, Quercetin: 4.76mg, Quercetin: 4.76mg

Nutrients (% of daily need)

Calories: 382.61kcal (19.13%), Fat: 16.96g (26.1%), Saturated Fat: 6.36g (39.72%), Carbohydrates: 50.25g (16.75%), Net Carbohydrates: 45.01g (16.37%), Sugar: 14.51g (16.13%), Cholesterol: 25.41mg (8.47%), Sodium: 510.65mg (22.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.53g (23.05%), Vitamin C: 41.24mg (49.99%), Phosphorus: 283.12mg (28.31%), Manganese: 0.55mg (27.66%), Vitamin B6: 0.55mg (27.5%), Potassium: 881.13mg (25.18%), Vitamin B2: 0.41mg (23.94%), Calcium: 227.33mg (22.73%), Fiber: 5.25g (20.99%), Vitamin B1: 0.29mg (19.09%), Magnesium: 68.97mg (17.24%), Vitamin A: 847.27IU (16.95%), Vitamin B3: 3.33mg (16.63%), Vitamin B5: 1.6mg (16.05%), Folate: 62.04µg (15.51%), Vitamin K: 15.31µg (14.58%), Vitamin B12: 0.8µg (13.39%), Selenium: 8.72µg (12.46%), Zinc: 1.7mg (11.36%), Iron: 1.82mg (10.09%), Copper: 0.2mg (9.9%), Vitamin E: 1.41mg (9.37%)