



Corn-Poblano Soup with Salsa Verde

 Gluten Free

READY IN



45 min.

SERVINGS



7

CALORIES



157 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 32 ounce chicken stock see fat-free canned
- ☐ 20 ounce whole-kernel corn frozen thawed
- ☐ 2 tablespoons cornstarch
- ☐ 0.5 cup evaporated milk fat-free
- ☐ 1 garlic clove minced
- ☐ 0.5 cup onion chopped
- ☐ 8 ounces poblano chiles

- ☐ 1 tablespoon salsa verde
- ☐ 0.8 teaspoon salt
- ☐ 2 teaspoons stick margarine divided

Equipment

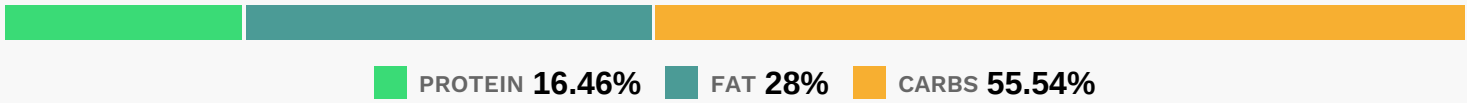
- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ blender
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Preheat broiler.
- ☐ Place chiles on a foil-lined baking sheet, and broil 10 minutes or until the chiles are blackened, turning occasionally.
- ☐ Place chiles in a zip-top plastic bag; seal.
- ☐ Let stand 15 minutes. Peel chiles; cut in half lengthwise, discarding the seeds and membranes.
- ☐ Cut into 1/2-inch pieces; set aside.
- ☐ Heat 1 teaspoon butter in a small skillet over medium heat.
- ☐ Add onion and garlic; saut 5 minutes.
- ☐ Remove from heat.
- ☐ Combine onion mixture, milk, cornstarch, and corn in a blender or food processor, and process mixture until smooth.
- ☐ Heat 1 teaspoon butter in a large saucepan over medium-high heat.
- ☐ Add corn mixture to pan (mixture will boil vigorously), and cook for 3 minutes.

- ☐
- Add Chicken Stock, and bring to a boil. Stir in chiles, cream cheese, salt, and pepper; reduce heat, and cook for 5 minutes or until cheese melts.
- ☐
- Serve with Salsa Verde.

Nutrition Facts



Properties

Glycemic Index:14.14, Glycemic Load:0.38, Inflammation Score:-5, Nutrition Score:7.9360868564766%

Flavonoids

Luteolin: 1.53mg, Luteolin: 1.53mg, Luteolin: 1.53mg, Luteolin: 1.53mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg

Nutrients (% of daily need)

Calories: 157kcal (7.85%), Fat: 5.15g (7.92%), Saturated Fat: 1.7g (10.63%), Carbohydrates: 22.96g (7.65%), Net Carbohydrates: 20.55g (7.47%), Sugar: 8.86g (9.85%), Cholesterol: 9.11mg (3.04%), Sodium: 651.05mg (28.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.8g (13.61%), Vitamin C: 29.02mg (35.17%), Vitamin B3: 3.07mg (15.33%), Vitamin B2: 0.25mg (14.85%), Phosphorus: 119.97mg (12%), Potassium: 378.94mg (10.83%), Folate: 43.34µg (10.83%), Vitamin B6: 0.21mg (10.5%), Fiber: 2.41g (9.65%), Manganese: 0.17mg (8.29%), Vitamin B1: 0.11mg (7.24%), Copper: 0.13mg (6.45%), Magnesium: 24.76mg (6.19%), Calcium: 60.88mg (6.09%), Selenium: 3.94µg (5.62%), Vitamin A: 268.55IU (5.37%), Vitamin B5: 0.45mg (4.53%), Zinc: 0.65mg (4.32%), Iron: 0.69mg (3.81%), Vitamin K: 2.93µg (2.79%), Vitamin E: 0.31mg (2.05%)