



Corn Soup

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



250 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cups chicken broth
- 4 ears corn fresh
- 2 cloves garlic minced
- 1 tablespoon olive oil
- 1 medium onion chopped
- 0.3 pound fatty pork cubed
- 0.3 pound prawns deveined uncooked peeled
- 4 servings salt and pepper to taste

1 bunch pkt spinach fresh washed and dried

Equipment

bowl

pot

Directions

Slice the kernels from the cob and scrape off the remaining bits and juice into a bowl. Set aside.

Heat the olive oil in a large pot over medium heat; cook and stir the onion and garlic in the hot oil until fragrant, about 5 minutes.

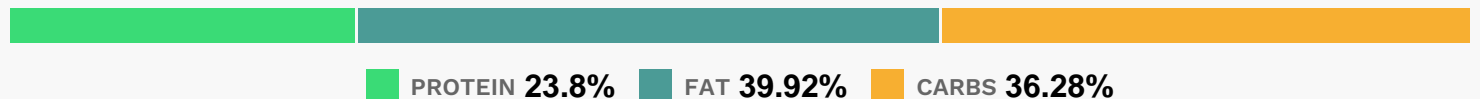
Add the pork and cook until no longer pink, about 5 minutes; add the prawns and cook until bright pink on the outside and the meat is no longer transparent in the center, about 5 minutes more. Stir the corn into the pot; season with salt and pepper.

Pour the chicken broth over the mixture; bring to a simmer and cook another 10 minutes.

Add the spinach to the soup and cook until just wilted, 2 to 3 minutes.

Serve hot.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:1.1, Inflammation Score:-10, Nutrition Score:29.176087024419%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 5.61mg, Kaempferol: 5.61mg, Kaempferol: 5.61mg, Kaempferol: 5.61mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 8.98mg, Quercetin: 8.98mg, Quercetin: 8.98mg, Quercetin: 8.98mg

Nutrients (% of daily need)

Calories: 249.91kcal (12.5%), Fat: 11.87g (18.26%), Saturated Fat: 3.14g (19.6%), Carbohydrates: 24.27g (8.09%), Net Carbohydrates: 20.1g (7.31%), Sugar: 8.18g (9.09%), Cholesterol: 60.83mg (20.28%), Sodium: 1324.05mg (57.57%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.92g (31.84%), Vitamin K: 413.15µg (393.47%), Vitamin A: 8197.15IU (163.94%), Manganese: 1.09mg (54.47%), Folate: 214.77µg (53.69%), Vitamin C: 32.71mg (39.64%), Vitamin B1: 0.48mg (32.27%), Magnesium: 117.55mg (29.39%), Potassium: 919.24mg (26.26%), Phosphorus: 260.2mg (26.02%), Selenium: 18.05µg (25.78%), Vitamin B2: 0.43mg (25.22%), Vitamin B6: 0.46mg (22.76%), Vitamin B3: 4.5mg (22.5%), Iron: 3.35mg (18.61%), Vitamin E: 2.77mg (18.45%), Fiber: 4.17g (16.68%), Copper: 0.27mg (13.7%), Zinc: 1.99mg (13.28%), Calcium: 123.82mg (12.38%), Vitamin B5: 1.04mg (10.42%), Vitamin B12: 0.56µg (9.34%)