



CORN SOUP (CREMA DE MAZORCA)

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



239 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 large ears corn
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 garlic clove chopped
- ☐ 1 cup heavy cream
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup scallions chopped
- ☐ 2 vegetable bouillon cubes

- ☐ 5 cups water
- ☐ 0.5 cup potatoes diced white

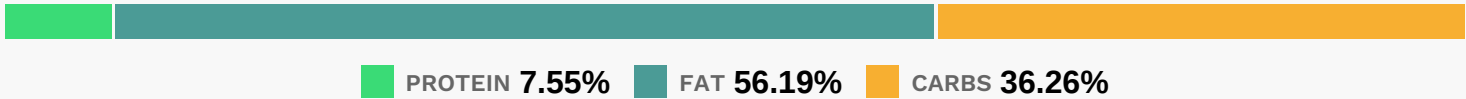
Equipment

- ☐ bowl
- ☐ pot
- ☐ blender

Directions

- ☐ Place the corn, water, chicken or vegetable bouillon, garlic, salt, pepper, cilantro, potatoes and scallions in a large pot and bring to a boil. Reduce heat to medium low and simmer for approximately 4 minutes or until the corn is tender.
- ☐ Remove from the heat. Purée the soup in a blender and return to the pot, add the cream and heat over medium heat for 15 minutes, stirring occasionally.
- ☐ Pour into bowls, garnish with cilantro and potato sticks.

Nutrition Facts



Properties

Glycemic Index:34.96, Glycemic Load:2.64, Inflammation Score:-6, Nutrition Score:8.0086956542471%

Flavonoids

Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 238.89kcal (11.94%), Fat: 15.97g (24.57%), Saturated Fat: 9.44g (59.01%), Carbohydrates: 23.19g (7.73%), Net Carbohydrates: 20.68g (7.52%), Sugar: 7.48g (8.31%), Cholesterol: 44.82mg (14.94%), Sodium: 360.44mg (15.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.83g (9.66%), Vitamin A: 812.81IU (16.26%), Vitamin C: 11.58mg (14.04%), Phosphorus: 121.59mg (12.16%), Folate: 47.56µg (11.89%), Vitamin B1: 0.17mg (11.66%), Magnesium: 45.69mg (11.42%), Potassium: 393.41mg (11.24%), Manganese: 0.21mg (10.62%), Vitamin K: 11.11µg (10.58%), Fiber: 2.51g (10.04%), Vitamin B3: 1.95mg (9.74%), Vitamin B5: 0.85mg (8.51%), Vitamin B6: 0.17mg (8.49%), Vitamin B2:

0.14mg (8.09%), Copper: 0.12mg (5.76%), Iron: 0.77mg (4.28%), Vitamin D: 0.63µg (4.23%), Zinc: 0.63mg (4.23%), Calcium: 40.79mg (4.08%), Vitamin E: 0.46mg (3.07%), Selenium: 1.92µg (2.75%), Vitamin B12: 0.06µg (1.06%)