



Corn Soup with Chives



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



566 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup chives fresh chopped
- ☐ 2 cups corn kernels fresh (4 ears)
- ☐ 0.3 teaspoon ground pepper white
- ☐ 2 cups heavy whipping cream
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons sugar
- ☐ 2 tablespoons butter unsalted
- ☐ 29 ounce vegetable broth canned

☐ 2 large onions white chopped

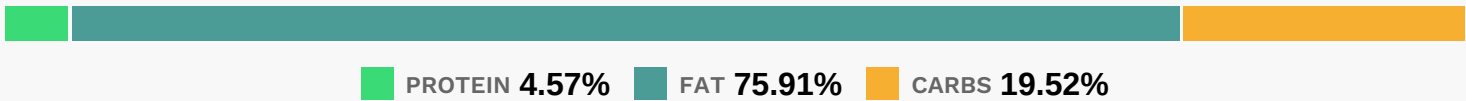
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sieve
- ☐ blender

Directions

- ☐ Melt butter in a large skillet over medium heat; add onion, and saute until tender. Stir in corn and sugar; cook, stirring occasionally, 12 minutes. Stir in broth; simmer, uncovered, 18 minutes. (Most of broth will evaporate.) Stir in cream, and simmer 5 minutes.
- ☐ Transfer corn mixture to a blender; process until smooth.
- ☐ Pour mixture through a wire-mesh strainer into skillet, discarding solids. Stir in salt and white pepper. Reheat if necessary.
- ☐ Pour into 4 serving bowls; sprinkle each with chives.
- ☐ Serve immediately.
- ☐ Note: If you can't find canned vegetable broth, look for vegetable bouillon cubes. Reconstitute the cubes according to package instructions, and prepare soup recipe with 3 1/2 cups broth.

Nutrition Facts



Properties

Glycemic Index:46.77, Glycemic Load:4.15, Inflammation Score:-9, Nutrition Score:11.446521800497%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.93mg, Isorhamnetin: 3.93mg, Isorhamnetin: 3.93mg, Isorhamnetin: 3.93mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 15.34mg, Quercetin: 15.34mg, Quercetin: 15.34mg, Quercetin: 15.34mg

Nutrients (% of daily need)

Calories: 566.24kcal (28.31%), Fat: 49.72g (76.49%), Saturated Fat: 31.24g (195.23%), Carbohydrates: 28.76g (9.59%), Net Carbohydrates: 25.94g (9.43%), Sugar: 14.99g (16.65%), Cholesterol: 149.52mg (49.84%), Sodium: 1159.7mg (50.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.73g (13.46%), Vitamin A: 2607.92IU (52.16%), Vitamin B2: 0.29mg (17.04%), Phosphorus: 158.65mg (15.86%), Vitamin C: 12.67mg (15.36%), Vitamin D: 2.01µg (13.39%), Folate: 52.31µg (13.08%), Potassium: 427.57mg (12.22%), Manganese: 0.23mg (11.6%), Vitamin B1: 0.17mg (11.53%), Fiber: 2.82g (11.28%), Magnesium: 43.97mg (10.99%), Calcium: 101.75mg (10.18%), Vitamin B6: 0.2mg (10.14%), Vitamin K: 10.14µg (9.66%), Vitamin B5: 0.93mg (9.31%), Vitamin E: 1.33mg (8.85%), Vitamin B3: 1.47mg (7.33%), Selenium: 4.49µg (6.41%), Zinc: 0.77mg (5.13%), Copper: 0.09mg (4.4%), Iron: 0.72mg (3.98%), Vitamin B12: 0.2µg (3.37%)