



Corn Soup with Potatoes and Smoked Ham



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



212 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups corn kernels fresh (cut from 4 ears of corn)
- ☐ 2 garlic cloves chopped
- ☐ 0.5 cup bell pepper green chopped
- ☐ 8 ounces ham steak smoked diced
- ☐ 0.5 cup bell pepper red chopped
- ☐ 10 ounce ham hock smoked
- ☐ 5 cups water
- ☐ 1 cup onion white chopped

- ☐ 1 medium yukon gold potatoes peeled cut into 1-inch pieces
- ☐ 0.3 cup lard
- ☐ 0.3 cup lard

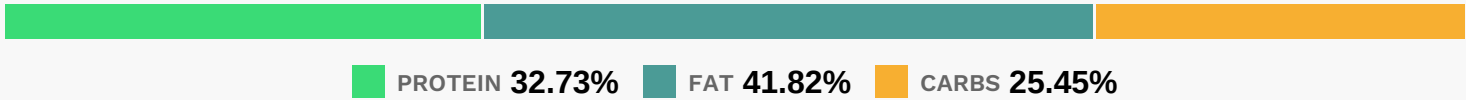
Equipment

- ☐ pot

Directions

- ☐ Melt lard in heavy large pot over high heat.
- ☐ Add ham steak, onion, both bell peppers, and garlic; sauté until vegetables are tender, about 10 minutes.
- ☐ Add corn and stir 5 minutes.
- ☐ Add ham hock and potato, then 5 cups water; bring to boil. Reduce heat to medium-low; simmer partially covered 1 hour.
- ☐ Remove ham hock. Season soup to taste with salt and pepper. (Can be prepared 1 day ahead. Cool slightly. Chill uncovered until cold, then cover and keep chilled. Rewarm over medium heat before serving.)

Nutrition Facts



Properties

Glycemic Index:22.84, Glycemic Load:3.34, Inflammation Score:-5, Nutrition Score:8.8613042105799%

Flavonoids

Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg

Nutrients (% of daily need)

Calories: 211.76kcal (10.59%), Fat: 9.93g (15.28%), Saturated Fat: 3.56g (22.27%), Carbohydrates: 13.6g (4.53%), Net Carbohydrates: 11.7g (4.25%), Sugar: 3.91g (4.34%), Cholesterol: 51.38mg (17.13%), Sodium: 464.03mg (20.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.49g (34.97%), Vitamin C: 36.93mg (44.76%), Vitamin B1:

0.32mg (21.4%), Vitamin B6: 0.28mg (14.13%), Potassium: 477.68mg (13.65%), Phosphorus: 129.32mg (12.93%), Vitamin B3: 2.47mg (12.35%), Manganese: 0.16mg (8.11%), Vitamin A: 394.71IU (7.89%), Fiber: 1.9g (7.61%), Iron: 1.34mg (7.43%), Magnesium: 29.4mg (7.35%), Folate: 28.8µg (7.2%), Selenium: 4.89µg (6.99%), Zinc: 0.89mg (5.96%), Vitamin B2: 0.1mg (5.89%), Vitamin B5: 0.57mg (5.66%), Copper: 0.11mg (5.33%), Vitamin B12: 0.22µg (3.73%), Calcium: 23.47mg (2.35%), Vitamin K: 1.75µg (1.67%), Vitamin E: 0.21mg (1.42%)