



Corn Stock



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



6 kcal

SIDE DISH

Ingredients

- ☐ 3 scraped corn cobs reserved from Grilled Corn Kernels
- ☐ 2 garlic cloves minced
- ☐ 1 small onion unpeeled sliced
- ☐ 14.5 ounce vegetable broth canned

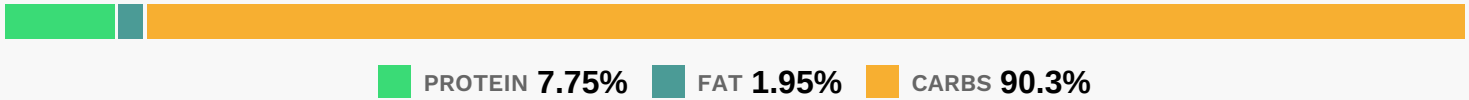
Equipment

- ☐ bowl
- ☐ sieve
- ☐ dutch oven

Directions

- ☐ Coat a large Dutch oven with cooking spray, and place over medium-high heat until hot.
- ☐ Add onion and garlic; saut 5 minutes.
- ☐ Add corn cobs and broth; bring to a boil. Reduce heat, and simmer, uncovered, 1 hour.
- ☐ Remove from heat; cover and let stand 30 minutes. Strain mixture through a sieve in a large bowl; discard solids.
- ☐ Shortcut: Substitute 3 (14 1/2-ounce) cans vegetable broth for the 5 cups Corn Stock in the Hopi Indian Stew With Posole and the Tortilla Soup.

Nutrition Facts



Properties

Glycemic Index:10.2, Glycemic Load:0.44, Inflammation Score:-1, Nutrition Score:0.34217391721904%

Flavonoids

Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 5.95kcal (0.3%), Fat: 0.01g (0.02%), Saturated Fat: 0g (0.03%), Carbohydrates: 1.42g (0.47%), Net Carbohydrates: 1.28g (0.47%), Sugar: 0.67g (0.74%), Cholesterol: 0mg (0%), Sodium: 165.42mg (7.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.12g (0.24%), Vitamin A: 87.89IU (1.76%)