



Corn Wheels and Zucchini Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



94 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 ears corn (each 6 in.)
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 cloves garlic minced pressed
- ☐ 7 servings lime wedges
- ☐ 0.5 cup dehydrated masa flour (corn tortilla flour)
- ☐ 7 servings salt and pepper
- ☐ 2 quarts vegetable broth
- ☐ 0.8 pound zucchini

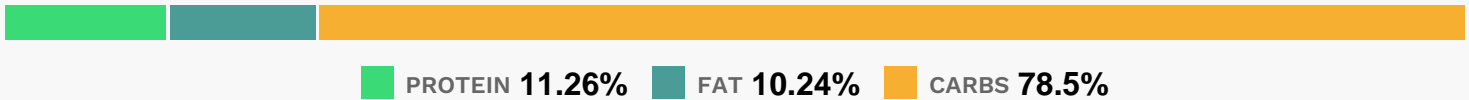
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle

Directions

- ☐ In a 4- to 5-quart pan, mix masa flour with 1 cup broth until smooth. Stir over high heat until mixture boils, then reduce heat to medium-low and stir until masa is thick, 2 to 3 minutes.
- ☐ Pour onto a flat plate.
- ☐ Spread evenly to make a 3/4-inch-thick cake; let cool.
- ☐ Meanwhile, rinse pan and add remaining broth and garlic. Cover and bring to a boil over high heat.
- ☐ Trim and discard zucchini ends.
- ☐ Cut zucchini into 3/4-inch cubes.
- ☐ Add zucchini to pan; cover and simmer for 5 minutes.
- ☐ Meanwhile, discard husks and silks from corn.
- ☐ Cut corn crosswise into 1-inch-thick wheels. Also cut masa into 3/4-inch chunks.
- ☐ Add corn and masa chunks to broth.
- ☐ Cover pan and return to boiling over high heat; simmer until corn is hot, about 3 minutes.
- ☐ Ladle into bowls.
- ☐ Sprinkle with cilantro.
- ☐ Serve with lime wedges, salt, and pepper to season portions to taste.

Nutrition Facts



Properties

Glycemic Index:29.21, Glycemic Load:5.09, Inflammation Score:-6, Nutrition Score:5.89173907819%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 93.5kcal (4.68%), Fat: 1.17g (1.8%), Saturated Fat: 0.24g (1.52%), Carbohydrates: 20.13g (6.71%), Net Carbohydrates: 17.75g (6.45%), Sugar: 6.11g (6.79%), Cholesterol: 0mg (0%), Sodium: 1293.04mg (56.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.77%), Vitamin A: 784.73IU (15.69%), Vitamin C: 12.03mg (14.59%), Manganese: 0.22mg (11.07%), Phosphorus: 107.63mg (10.76%), Fiber: 2.38g (9.54%), Magnesium: 35.61mg (8.9%), Vitamin B6: 0.16mg (8.2%), Potassium: 269.89mg (7.71%), Folate: 29.17µg (7.29%), Vitamin B1: 0.1mg (6.66%), Vitamin B3: 1.17mg (5.85%), Vitamin B2: 0.08mg (4.7%), Vitamin B5: 0.4mg (4.05%), Copper: 0.08mg (3.86%), Vitamin K: 4µg (3.81%), Zinc: 0.57mg (3.79%), Iron: 0.62mg (3.45%), Calcium: 24.62mg (2.46%), Selenium: 1.49µg (2.13%)