



Creamy Corn Chowder

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



272 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup bell pepper green chopped
- 1 tablespoon pepper flakes red
- 6 potatoes red cubed peeled
- 6 servings salt to taste
- 12 ounce silken tofu low-fat, firm
- 0.5 cup onion sweet chopped
- 2 cups vegetable broth
- 22 ounce kernel corn whole undrained canned

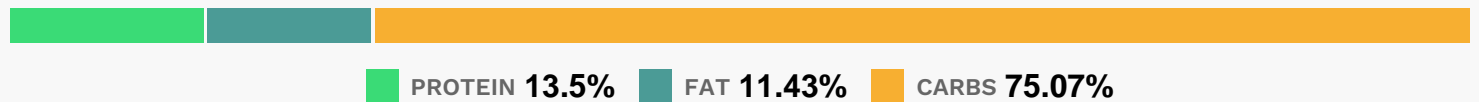
Equipment

- food processor
- pot
- blender

Directions

- Place potatoes in a large pot of salted water and bring to a boil. Cook until tender, about 30 minutes; drain.
- To the potatoes add corn, bell pepper, onion, red pepper flakes and vegetable broth. Boil for about 15 minutes; remove from heat.
- In a food processor or blender puree all but 1 1/2 cups of the vegetable and broth mixture with the tofu. Process in batches if necessary.
- Combine the pureed mixture with the remaining 1 1/2 cups vegetable and broth mixture, and cook over low heat for 5 minutes; do not boil. Season with salt to taste.

Nutrition Facts



Properties

Glycemic Index:9.17, Glycemic Load:0.49, Inflammation Score:-7, Nutrition Score:13.935652090156%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg

Nutrients (% of daily need)

Calories: 271.63kcal (13.58%), Fat: 3.54g (5.44%), Saturated Fat: 0.54g (3.4%), Carbohydrates: 52.29g (17.43%), Net Carbohydrates: 47.82g (17.39%), Sugar: 5.22g (5.8%), Cholesterol: 0mg (0%), Sodium: 741.04mg (32.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.41g (18.81%), Vitamin C: 30.72mg (37.23%), Potassium: 1255.42mg (35.87%), Copper: 0.46mg (23.21%), Vitamin B6: 0.44mg (22.07%), Phosphorus: 217.79mg (21.78%), Manganese: 0.41mg (20.35%), Magnesium: 79.17mg (19.79%), Vitamin B3: 3.66mg (18.3%), Folate: 73.17µg (18.29%), Fiber: 4.47g

(17.89%), Vitamin B1: 0.26mg (17.38%), Iron: 2.56mg (14.21%), Vitamin A: 623.17IU (12.46%), Zinc: 1.38mg (9.2%),
Vitamin K: 8.55µg (8.14%), Vitamin B2: 0.12mg (7.23%), Vitamin B5: 0.63mg (6.31%), Calcium: 49.38mg (4.94%),
Vitamin E: 0.58mg (3.86%), Selenium: 1.4µg (2.01%)