



Creamy Corn & Turkey Soup

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



229 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 Tbsp butter
- 14.8 oz regular corn cream-style canned
- 4 oz philadelphia cream cheese cubed ()
- 2 cups chicken broth fat-free reduced-sodium
- 0.8 cup milk
- 0.5 cup onions chopped
- 0.5 tsp cracked pepper black
- 1 bell pepper red divided chopped

2 cups turkey shredded cooked

Equipment

sauce pan

Directions

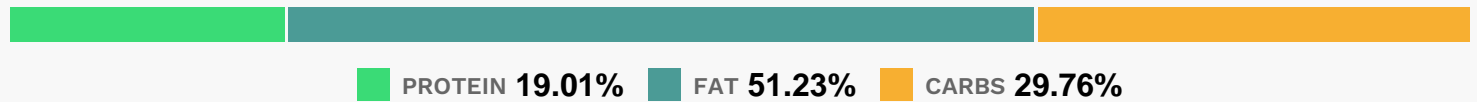
Cook onions and half the red peppers in butter in large saucepan on medium heat 5 to 6 min. or until crisp-tender, stirring frequently.

Add cream cheese; cook on low heat 3 to 4 min. or until melted, stirring constantly. Stir in turkey, corn, broth and milk.

Cook 5 min. or until soup is heated through, stirring occasionally.

Serve topped with remaining red peppers and black pepper.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:1.37, Inflammation Score:-7, Nutrition Score:10.536956403566%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg

Nutrients (% of daily need)

Calories: 228.83kcal (11.44%), Fat: 13.6g (20.93%), Saturated Fat: 5.71g (35.71%), Carbohydrates: 17.78g (5.93%), Net Carbohydrates: 16.26g (5.91%), Sugar: 5.96g (6.62%), Cholesterol: 46.6mg (15.53%), Sodium: 644.79mg (28.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.36g (22.71%), Vitamin C: 29.24mg (35.44%), Vitamin A: 1162.45IU (23.25%), Vitamin B3: 3.88mg (19.41%), Vitamin B6: 0.36mg (17.84%), Phosphorus: 165.89mg (16.59%), Selenium: 11.3µg (16.14%), Vitamin B2: 0.22mg (13.07%), Vitamin B12: 0.77µg (12.78%), Folate: 46.48µg (11.62%), Potassium: 326.49mg (9.33%), Zinc: 1.27mg (8.45%), Vitamin B5: 0.79mg (7.92%), Magnesium: 30.39mg (7.6%), Calcium: 71.2mg (7.12%), Manganese: 0.12mg (6.18%), Fiber: 1.52g (6.09%), Vitamin B1: 0.08mg (5.12%), Vitamin E: 0.72mg (4.79%), Copper: 0.09mg (4.53%), Iron: 0.81mg (4.48%), Vitamin D: 0.43µg (2.9%), Vitamin K: 1.79µg (1.7%)