

Creamy Corn With Cumin Soup

 **Gluten Free**

READY IN



45 min.

SERVINGS



6

CALORIES



372 kcal

SIDE DISH

Ingredients

- 1 tablespoon butter
- 0.1 teaspoon cayenne pepper
- 6 servings garnish: corn chips and tomato chopped
- 0.3 cup cilantro leaves fresh
- 1.5 pounds regular corn frozen thawed drained
- 3 large garlic cloves sliced
- 2 teaspoons ground cumin
- 1.5 cups half-and-half whole (or milk)

- 2 tablespoons olive oil
- 1 large onion cut into large dice
- 6 servings salt and pepper freshly ground to taste
- 1 pinch sugar

Equipment

- bowl
- frying pan
- ladle
- pot
- blender
- kitchen towels
- immersion blender
- colander

Directions

- Heat oil over medium-high heat in a large, deep saute pan until shimmering.
- Add frozen corn, then onion; saute, stirring very little at first, then more frequently, until vegetables start to turn golden brown, 7 to 8 minutes.
- Reduce heat to low and add butter, sugar and garlic; continue cooking until all vegetables are a rich spotty caramel color, about 10 minutes longer.
- Add cumin and cayenne pepper; continue to saute until fragrant, 30 seconds to 1 minute longer.
- Add broth; bring to a simmer over medium-high heat. Reduce heat to low and simmer, partially covered, until vegetables are tender, about 10 minutes.
- Using an immersion blender or traditional blender, puree (adding fresh cilantro) until very smooth, 30 seconds to 1 minute. (If using a traditional blender, vent it either by removing the lid's pop-out center or by lifting one edge of the lid. Drape the blender canister with a kitchen towel. To 'clean' the canister, pour in a little half-and-half, blend briefly, then add to the soup.) Strain through a colander (the corn kernels don't puree).

Return to pan (or a soup pot); add enough half-and-half so the mixture is souplike, yet thick enough to float garnish. Taste, and add salt and pepper if needed.

Heat through, ladle into bowls, garnish and serve.

Nutrition Facts

PROTEIN 8.02% **FAT 42.84%** **CARBS 49.14%**

Properties

Glycemic Index:47.35, Glycemic Load:1.87, Inflammation Score:-6, Nutrition Score:11.590434717095%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.45mg, Quercetin: 5.45mg, Quercetin: 5.45mg, Quercetin: 5.45mg

Nutrients (% of daily need)

Calories: 372.3kcal (18.61%), Fat: 18.94g (29.14%), Saturated Fat: 4.35g (27.19%), Carbohydrates: 48.88g (16.29%), Net Carbohydrates: 44.03g (16.01%), Sugar: 4.28g (4.75%), Cholesterol: 12.34mg (4.11%), Sodium: 384.35mg (16.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.98g (15.95%), Phosphorus: 228.46mg (22.85%), Fiber: 4.85g (19.41%), Manganese: 0.39mg (19.34%), Vitamin E: 2.84mg (18.92%), Magnesium: 69.37mg (17.34%), Vitamin B6: 0.34mg (17.03%), Potassium: 524.61mg (14.99%), Calcium: 134.11mg (13.41%), Folate: 52.99µg (13.25%), Vitamin C: 10.75mg (13.03%), Vitamin B2: 0.22mg (12.86%), Vitamin B1: 0.18mg (12.23%), Vitamin B3: 2.29mg (11.44%), Zinc: 1.5mg (10.03%), Iron: 1.67mg (9.28%), Vitamin B5: 0.76mg (7.64%), Vitamin K: 7.18µg (6.84%), Selenium: 4.6µg (6.57%), Vitamin B12: 0.33µg (5.56%), Copper: 0.11mg (5.43%), Vitamin A: 233.09IU (4.66%), Vitamin D: 0.67µg (4.47%)