



Creamy Green Chile Soup

READY IN



40 min.

SERVINGS



6

CALORIES



294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 4 cups chicken stock see
- ☐ 2 cups corn kernels frozen divided
- ☐ 6 servings cotija cheese crumbled for garnish
- ☐ 6 servings cilantro leaves fresh chopped for garnish
- ☐ 8 ounce mushrooms fresh sliced
- ☐ 1 teaspoon garlic crushed
- ☐ 12 ounce chiles diced green divided canned recommended: Ortega
- ☐ 0.8 cup crema mexicana recommended: Caciquis

- ☐ 1 cup onions frozen chopped
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 1 teaspoon mexican seasoning

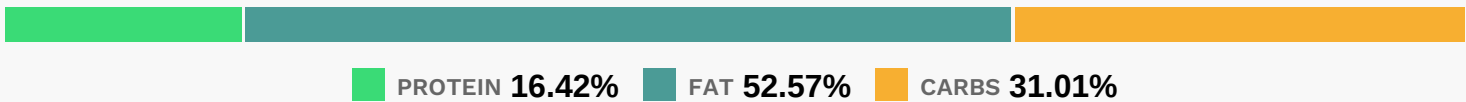
Equipment

- ☐ frying pan
- ☐ pot
- ☐ blender
- ☐ kitchen towels

Directions

- ☐ In a medium pot over medium-high heat, combine onions, garlic, 1 cup corn kernels, 2 cans of the chiles, chicken stock, and Mexican seasoning. Bring to a boil. Reduce heat and simmer for 10 minutes.
- ☐ Meanwhile, melt butter in medium skillet over medium-high heat.
- ☐ Add remaining corn and green chiles.
- ☐ Add mushrooms and saute for 10 minutes, or until water from mushrooms is released and evaporated; set aside.
- ☐ Transfer chile mixture to a blender. Puree until smooth, working in batches if necessary. *(TIP: Cover blender with dish towel and pulse.) Return puree to skillet and add sauteed vegetables. Bring to a boil. Reduce to low heat and stir in Mexican crema. Season, to taste, with salt and pepper.
- ☐ Serve soup hot garnished with cilantro and cotija cheese.

Nutrition Facts



Properties

Glycemic Index:39.17, Glycemic Load:1.21, Inflammation Score:-6, Nutrition Score:14.194782671721%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg

Nutrients (% of daily need)

Calories: 293.78kcal (14.69%), Fat: 17.78g (27.36%), Saturated Fat: 7.1g (44.35%), Carbohydrates: 23.61g (7.87%), Net Carbohydrates: 20.33g (7.39%), Sugar: 7.8g (8.67%), Cholesterol: 57.17mg (19.06%), Sodium: 1063.12mg (46.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.49g (24.99%), Vitamin B2: 0.62mg (36.52%), Vitamin C: 23.55mg (28.55%), Vitamin B3: 5.17mg (25.84%), Calcium: 244.87mg (24.49%), Phosphorus: 219.23mg (21.92%), Folate: 82.12µg (20.53%), Vitamin B6: 0.4mg (19.99%), Selenium: 12.33µg (17.61%), Potassium: 497.29mg (14.21%), Fiber: 3.28g (13.11%), Copper: 0.25mg (12.64%), Vitamin B1: 0.17mg (11.59%), Vitamin B5: 1.15mg (11.48%), Iron: 2mg (11.12%), Zinc: 1.59mg (10.6%), Vitamin A: 498.66IU (9.97%), Manganese: 0.19mg (9.27%), Vitamin B12: 0.53µg (8.83%), Magnesium: 30.18mg (7.54%), Vitamin K: 6.88µg (6.55%), Vitamin E: 0.42mg (2.82%), Vitamin D: 0.2µg (1.3%)