



Corn Soup with Roasted Poblanos and Zucchini Blossoms

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



220 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 10 ears corn
- 1 cup queso fresco store-bought crumbled (see Notes)
- 4 large garlic clove minced
- 2 tablespoons olive oil
- 3 large poblano pepper
- 2 tsp sea salt
- 1 serrano chiles finely chopped

- 1 large onion yellow chopped
- 1 zucchini (see Notes; 7-in. piece)
- 8 small zucchini halved lengthwise

Equipment

- bowl
- baking sheet
- sauce pan
- pot
- blender
- aluminum foil
- broiler
- colander

Directions

- Turn on broiler. Put poblanos on a foil-lined rimmed baking sheet and roast 4 in. from heat, turning once, until blackened, 10 to 15 minutes total. Put poblanos in a bowl, cover, and let sit 30 minutes to loosen skins; then peel, stem, and seed.
- Cut poblanos into 1/2-in. dice and set aside.
- Meanwhile, slice corn kernels from cobs.
- Heat olive oil in a large, wide pot over medium heat and add onion, serranos, and 2 tsp. salt. Cook, stirring occasionally, until softened, 5 minutes. Stir in garlic and corn kernels and cook 3 minutes more.
- Pour just enough water into pot to cover corn. Bring to a simmer, covered, and simmer 15 minutes.
- Put diced zucchini in a small saucepan with just enough salted water to cover. Bring to a simmer and cook until tender-crisp, about 2 minutes.
- Drain.
- In batches, whirl corn soup in a blender until very smooth. Strain through a fine-mesh colander into a bowl, mashing to press out liquid. (If too thick, add some water.) Season with salt. To serve the soup hot, return to pot and reheat gently (do not boil); to serve cold, chill at

least 2 hours.

- Divide among 8 bowls. Top each bowl with 2 tbsp. diced poblanos, 2 tbsp. diced zucchini, and 2 zucchini blossom halves.
- Sprinkle each with 1 tbsp. cheese and serve the extra on the side.

Nutrition Facts



PROTEIN 14.8% **FAT 34.15%** **CARBS 51.05%**

Properties

Glycemic Index:12.13, Glycemic Load:1.16, Inflammation Score:-8, Nutrition Score:18.131739004799%

Flavonoids

Luteolin: 2.94mg, Luteolin: 2.94mg, Luteolin: 2.94mg, Luteolin: 2.94mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg

Nutrients (% of daily need)

Calories: 219.79kcal (10.99%), Fat: 9.24g (14.21%), Saturated Fat: 2.98g (18.63%), Carbohydrates: 31.08g (10.36%), Net Carbohydrates: 25.98g (9.45%), Sugar: 13.27g (14.75%), Cholesterol: 10.52mg (3.51%), Sodium: 727.17mg (31.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.01g (18.01%), Vitamin C: 84.8mg (102.78%), Manganese: 0.56mg (28.25%), Vitamin B6: 0.53mg (26.56%), Potassium: 838.81mg (23.97%), Phosphorus: 233.32mg (23.33%), Folate: 92.45µg (23.11%), Fiber: 5.1g (20.39%), Magnesium: 79.51mg (19.88%), Vitamin B1: 0.29mg (19.47%), Vitamin A: 853.38IU (17.07%), Vitamin B3: 2.98mg (14.89%), Vitamin B2: 0.25mg (14.51%), Vitamin K: 13.46µg (12.82%), Calcium: 125.02mg (12.5%), Vitamin B5: 1.25mg (12.46%), Zinc: 1.5mg (10%), Copper: 0.2mg (9.76%), Iron: 1.45mg (8.04%), Vitamin E: 1.05mg (6.99%), Selenium: 4.21µg (6.02%), Vitamin B12: 0.26µg (4.27%), Vitamin D: 0.41µg (2.74%)