



Fresh Corn Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



147 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon sea salt
- ☐ 8 cups corn kernels (cut from 10 to 14 ears)
- ☐ 0.3 cup chives fresh chopped
- ☐ 6 cups water

Equipment

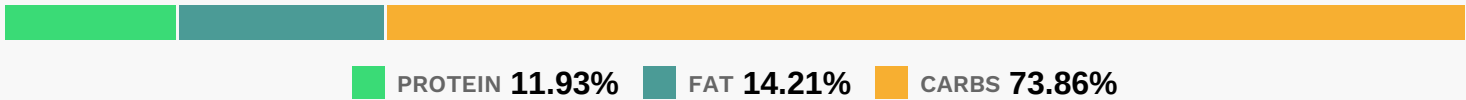
- ☐ bowl
- ☐ sauce pan
- ☐ sieve

☐ blender

Directions

- ☐ Simmer corn with salt in the water, covered, 20 minutes, or until very tender.
- ☐ Purée soup in batches in a blender until very smooth (use caution when blending hot liquids). As each batch is puréed, pour through a coarse sieve, pressing on solids, into a saucepan if serving hot or into a metal bowl if serving cold.
- ☐ Reheat soup, stirring, or chill it by setting bowl of soup in a larger bowl of ice and cold water and stirring. If soup is too thick, thin with water.
- ☐ Serve sprinkled with chives.
- ☐ Soup may be made 3 days ahead and cooled, then chilled, covered.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:6.468695666479%

Flavonoids

Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 147.01kcal (7.35%), Fat: 2.68g (4.12%), Saturated Fat: 0.54g (3.36%), Carbohydrates: 31.34g (10.45%), Net Carbohydrates: 26.93g (9.79%), Sugar: 9.74g (10.82%), Cholesterol: 0mg (0%), Sodium: 1622.89mg (70.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.06g (10.12%), Folate: 82.66µg (20.66%), Fiber: 4.41g (17.66%), Manganese: 0.26mg (12.92%), Vitamin B2: 0.2mg (11.56%), Vitamin B3: 2.2mg (10.99%), Phosphorus: 101.55mg (10.16%), Potassium: 293.81mg (8.39%), Magnesium: 31.52mg (7.88%), Vitamin B5: 0.78mg (7.82%), Copper: 0.11mg (5.68%), Vitamin B1: 0.08mg (5.48%), Vitamin C: 4.47mg (5.41%), Zinc: 0.74mg (4.9%), Vitamin B6: 0.08mg (4.16%), Iron: 0.63mg (3.48%), Vitamin A: 170.95IU (3.42%), Vitamin K: 3.55µg (3.38%), Selenium: 1.33µg (1.9%), Calcium: 15.91mg (1.59%), Vitamin E: 0.2mg (1.34%)