



Green and Red Tomato and Corn Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



130 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 cups corn kernels fresh
- ☐ 1 clove garlic minced
- ☐ 4 tomatoes green chopped
- ☐ 1.5 teaspoons ground cumin
- ☐ 2 tablespoons olive oil
- ☐ 1 onion chopped
- ☐ 6 servings salt and pepper to taste
- ☐ 4 tomatoes chopped

☐ 7 cups vegetable broth

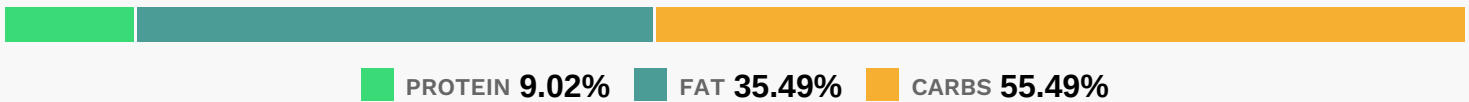
Equipment

☐ pot

Directions

- ☐ In a stockpot heat the oil over medium heat.
- ☐ Add the onion and garlic, saute until soft.
- ☐ Stir in the cumin powder, tomatoes and corn. Cook over medium heat for 5 minutes.
- ☐ Stir in vegetable broth, reduce heat to low and cook until heated through. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:24.17, Glycemic Load:2.85, Inflammation Score:-8, Nutrition Score:10.17173920507%

Flavonoids

Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg 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: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg

Nutrients (% of daily need)

Calories: 129.71kcal (6.49%), Fat: 5.62g (8.64%), Saturated Fat: 0.82g (5.15%), Carbohydrates: 19.76g (6.59%), Net Carbohydrates: 16.77g (6.1%), Sugar: 10.83g (12.03%), Cholesterol: 0mg (0%), Sodium: 1312.41mg (57.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.21g (6.43%), Vitamin C: 34.44mg (41.74%), Vitamin A: 1868.02IU (37.36%), Vitamin K: 17.79µg (16.94%), Potassium: 497.29mg (14.21%), Manganese: 0.28mg (14.19%), Fiber: 2.99g (11.94%), Vitamin B1: 0.15mg (9.89%), Vitamin E: 1.47mg (9.82%), Vitamin B6: 0.2mg (9.81%), Folate: 38.45µg (9.61%), Magnesium: 34.43mg (8.61%), Phosphorus: 83.48mg (8.35%), Vitamin B3: 1.59mg (7.93%), Copper: 0.15mg (7.74%), Vitamin B5: 0.77mg (7.68%), Iron: 1.23mg (6.86%), Vitamin B2: 0.08mg (4.44%), Calcium: 29.53mg (2.95%), Zinc: 0.43mg (2.83%), Selenium: 0.73µg (1.05%)