



Inca Corn Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup black beans cooked
- ☐ 2 cups regular corn
- ☐ 4 ounces chiles diced green
- ☐ 2 servings maple syrup pure
- ☐ 1 cup plant-based milk
- ☐ 0.3 cup quinoa
- ☐ 2 servings pepper white

Equipment

- ☐ sauce pan
- ☐ blender

Directions

- ☐ Cook the quinoa or amaranth in 3/4 cup water for 10–15 minutes (until completely cooked and water has evaporated).
- ☐ Transfer to your blender and add 1 1/2 cups corn, chilis and non–dairy milk and blend until smooth.
- ☐ Transfer to a medium saucepan, stir in remaining corn and black beans and heat thoroughly.
- ☐ Add white pepper and maple to taste.
- ☐ Serve and garnish with hot sauce.

Nutritional Information

☐ Amount Per Serving

☐ Calories

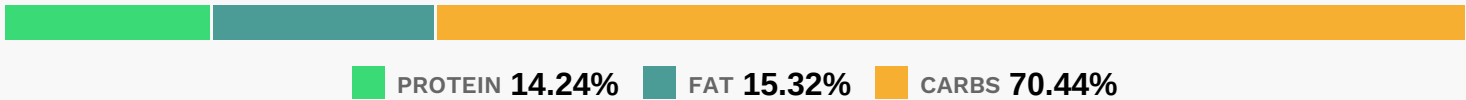
☐ Fat

☐ 90g

☐ Carbohydrate

☐ 20gDietary Fiber7gSugars11.20gProtein6.90g

Nutrition Facts



Properties

Glycemic Index:80, Glycemic Load:24.9, Inflammation Score:–8, Nutrition Score:21.862173927867%

Nutrients (% of daily need)

Calories: 431.23kcal (21.56%), Fat: 7.78g (11.97%), Saturated Fat: 2.79g (17.47%), Carbohydrates: 80.47g (26.82%), Net Carbohydrates: 69.15g (25.14%), Sugar: 26.73g (29.7%), Cholesterol: 14.64mg (4.88%), Sodium: 240.1mg (10.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.27g (32.54%), Manganese: 1.43mg (71.55%), Fiber: 11.32g (45.28%), Phosphorus: 402.63mg (40.26%), Vitamin B2: 0.61mg (35.62%), Folate: 138.79µg (34.7%), Magnesium: 132.64mg (33.16%), Vitamin B1: 0.41mg (27.11%), Potassium: 837.47mg (23.93%), Vitamin B6: 0.42mg (21.18%), Calcium: 203.38mg (20.34%), Vitamin B5: 1.94mg (19.43%), Vitamin C: 15.69mg (19.02%), Zinc: 2.76mg (18.39%), Vitamin B3: 3.28mg (16.4%), Iron: 2.88mg (15.97%), Copper: 0.31mg (15.51%), Vitamin A: 608.22IU (12.16%),

Vitamin B12: 0.66µg (10.98%), Vitamin D: 1.34µg (8.95%), Selenium: 5.01µg (7.16%), Vitamin E: 0.72mg (4.79%)