



Roasted Corn, Pepper, and Tomato Chowder

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



184 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 ounce cheese blue crumbled
- ☐ 3 ears shucked corn
- ☐ 42 ounce less-sodium chicken broth fat-free canned
- ☐ 2 tablespoons chives fresh chopped
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 4 cups onion chopped (2 medium)
- ☐ 3 bell peppers red halved seeded

- ☐ 0.3 teaspoon salt
- ☐ 1.5 pounds tomatoes peeled halved seeded (4)

Equipment

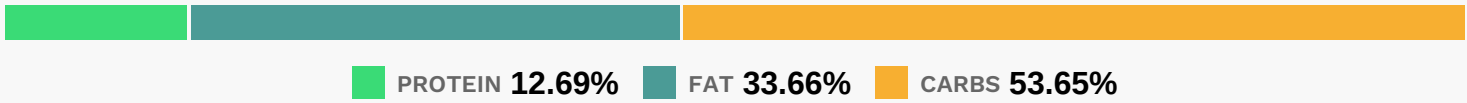
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ ladle
- ☐ sieve
- ☐ blender
- ☐ grill
- ☐ dutch oven

Directions

- ☐ Prepare grill to medium-high heat.
- ☐ Arrange bell peppers, skin side down, and corn in a single layer on a grill rack; grill 5 minutes, turning corn occasionally.
- ☐ Add tomatoes; grill an additional 5 minutes or until vegetables are slightly charred.
- ☐ Remove from heat; cool 10 minutes. Coarsely chop tomatoes and bell peppers; place in a medium bowl.
- ☐ Cut kernels from ears of corn; add to tomato mixture.
- ☐ Heat oil in a large Dutch oven over medium heat.
- ☐ Add onion; cook 7 minutes or until tender, stirring occasionally. Stir in tomato mixture; cook 3 minutes, stirring occasionally. Increase heat to high, and stir in broth. Bring to a boil. Reduce heat, and simmer 30 minutes or until vegetables are tender. Cool 20 minutes.
- ☐ Place one-third of tomato mixture in a blender; process until smooth.
- ☐ Place pureed mixture in a large bowl. Repeat procedure twice with remaining tomato mixture. Wipe pan clean with paper towels. Press tomato mixture through a sieve into pan; discard solids.

Place pan over medium heat; cook until thoroughly heated. Stir in salt and black pepper. Ladle about 1 1/2 cups soup into each of 6 bowls; top each serving with 2 teaspoons cheese and 1 teaspoon chives.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:4.16, Inflammation Score:-10, Nutrition Score:18.659130455359%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 5.41mg, Isorhamnetin: 5.41mg, Isorhamnetin: 5.41mg, Isorhamnetin: 5.41mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 22.5mg, Quercetin: 22.5mg, Quercetin: 22.5mg, Quercetin: 22.5mg

Nutrients (% of daily need)

Calories: 183.63kcal (9.18%), Fat: 7.49g (11.52%), Saturated Fat: 1.79g (11.18%), Carbohydrates: 26.86g (8.95%), Net Carbohydrates: 21.49g (7.82%), Sugar: 13.16g (14.62%), Cholesterol: 3.54mg (1.18%), Sodium: 982.09mg (42.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.36g (12.71%), Vitamin C: 103.23mg (125.13%), Vitamin A: 2973.87IU (59.48%), Vitamin B6: 0.47mg (23.55%), Manganese: 0.44mg (22.19%), Folate: 88.3µg (22.07%), Fiber: 5.37g (21.48%), Potassium: 747.3mg (21.35%), Vitamin K: 17.62µg (16.79%), Vitamin B3: 3.34mg (16.7%), Phosphorus: 154.5mg (15.45%), Vitamin E: 2.29mg (15.28%), Vitamin B1: 0.21mg (13.94%), Magnesium: 50.57mg (12.64%), Vitamin B2: 0.19mg (10.98%), Vitamin B5: 1.07mg (10.68%), Copper: 0.19mg (9.26%), Selenium: 5.93µg (8.47%), Iron: 1.36mg (7.58%), Vitamin B12: 0.45µg (7.58%), Calcium: 75.22mg (7.52%), Zinc: 0.9mg (6.01%)