



Roasted Corn & Poblano Soup

 Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



146 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cubes chicken bouillon
- 4 large ears corn on the cob divided
- 0.5 cup knudsen cream sour
- 2 cloves garlic minced
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 1 small onion chopped
- 1 large poblano chile peeled seeded cut into thin strips
- 0.8 lb potatoes red peeled cut into 1/4-inch cubes (2)

6 cups water

Equipment

bowl

sauce pan

ladle

blender

Directions

Cut corn from 3 of the cobs.

Heat dressing in large saucepan.

Add onions and garlic, cook and stir 5 min.

Add water, potatoes, bouillon and corn kernels; stir. Bring to boil; cover. Simmer on medium-low heat 15 min. or until potatoes are tender, stirring occasionally.

Meanwhile, cook remaining ear of corn directly over gas flame 8 to 10 min. or until tender, turning constantly.

Cut corn from cob; set aside.

Blend potato mixture, in batches, in blender until smooth; strain into bowl. Discard drained solids. Stir peppers and reserved corn into strained soup; ladle into soup bowls. Top with sour cream and reserved roasted corn.

Nutrition Facts



Properties

Glycemic Index:8.38, Glycemic Load:0.31, Inflammation Score:-5, Nutrition Score:7.8073912703473%

Flavonoids

Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg

Nutrients (% of daily need)

Calories: 146.07kcal (7.3%), Fat: 5.41g (8.32%), Saturated Fat: 1.93g (12.08%), Carbohydrates: 23.7g (7.9%), Net Carbohydrates: 21.04g (7.65%), Sugar: 7.18g (7.98%), Cholesterol: 8.48mg (2.83%), Sodium: 106.73mg (4.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.84g (7.69%), Vitamin C: 26.04mg (31.57%), Potassium: 462.35mg (13.21%), Manganese: 0.23mg (11.46%), Vitamin B1: 0.17mg (11.12%), Phosphorus: 109.39mg (10.94%), Vitamin B6: 0.22mg (10.76%), Fiber: 2.67g (10.66%), Magnesium: 42.51mg (10.63%), Folate: 42.28µg (10.57%), Vitamin B3: 1.89mg (9.46%), Copper: 0.15mg (7.36%), Vitamin B5: 0.72mg (7.15%), Vitamin K: 7.34µg (6.99%), Vitamin A: 304.97IU (6.1%), Vitamin B2: 0.09mg (5.04%), Iron: 0.81mg (4.51%), Zinc: 0.59mg (3.93%), Calcium: 31.91mg (3.19%), Vitamin E: 0.35mg (2.32%), Selenium: 1.47µg (2.1%)