



Roasted Pepper and Corn Chowder



Vegetarian



Gluten Free

READY IN



127 min.

SERVINGS



6

CALORIES



193 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 0.5 cup celery chopped
- ☐ 8 ears shucked corn
- ☐ 3 cups less-sodium chicken broth fat-free
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 teaspoons garlic minced
- ☐ 0.3 teaspoon ground cumin

- ☐ 1 cup milk 2% reduced-fat
- ☐ 1.5 cups onion chopped
- ☐ 2 poblano chiles
- ☐ 1 bell pepper red
- ☐ 0.3 teaspoon salt

Equipment

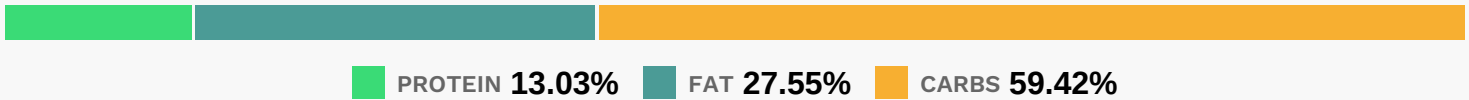
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sieve
- ☐ blender
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags
- ☐ dutch oven

Directions

- ☐ Preheat broiler.
- ☐ Cut poblano chiles and bell pepper in half lengthwise. Discard seeds and membranes.
- ☐ Place pepper halves, skin sides up, on a foil-lined baking sheet. Flatten peppers with hand and broil 15 to 20 minutes or until roasted.
- ☐ Place peppers in a zip-top plastic bag and seal.
- ☐ Let stand 5 minutes. Peel and coarsely chop. Set aside. –
- ☐ Cut kernels from ears of corn to measure 8 cups, reserving cobs; set kernels aside.
- ☐ Combine reserved cobs and chicken broth in a large Dutch oven, and bring to a boil. Cover; reduce heat to mediumlow, and simmer 15 minutes.
- ☐ Remove and discard cobs.

- ☐ Add 1 1/2 cups corn kernels to broth and bring to a boil. Cover; reduce heat, and simmer 10 minutes.
- ☐ Drain, reserving broth and kernels.
- ☐ Meanwhile, melt butter in a large Dutch oven over low heat.
- ☐ Add onion, celery, and garlic; saut over medium–high heat 5 minutes.
- ☐ Add reserved broth and remaining 6 1/2 cups uncooked corn kernels to pan; bring to a boil. Cover; reduce heat, and simmer 10 minutes. Stir in roasted peppers; cool slightly.
- ☐ Place corn mixture in batches in a blender or food processor. Process until smooth, scraping sides of bowl.
- ☐ Strain mixture, in batches, through a fine sieve, into a pan. Discard solids. Stir in reserved cooked 1 1/2 cups kernels, milk, cumin, salt, and pepper. Cook over medium heat 5 minutes or until thoroughly heated, stirring occasionally. Stir in cilantro.
- ☐ Sprinkle with red bell pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:41.67, Glycemic Load:1.34, Inflammation Score:-8, Nutrition Score:15.199130286341%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 2.09mg, Luteolin: 2.09mg, Luteolin: 2.09mg, Luteolin: 2.09mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 9.45mg, Quercetin: 9.45mg, Quercetin: 9.45mg, Quercetin: 9.45mg

Nutrients (% of daily need)

Calories: 193.3kcal (9.66%), Fat: 6.59g (10.13%), Saturated Fat: 3.34g (20.88%), Carbohydrates: 31.96g (10.65%), Net Carbohydrates: 27.58g (10.03%), Sugar: 13.29g (14.76%), Cholesterol: 13.18mg (4.39%), Sodium: 638.55mg (27.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.01g (14.02%), Vitamin C: 69.24mg (83.92%), Vitamin A: 1234.07IU (24.68%), Folate: 77.83µg (19.46%), Manganese: 0.38mg (18.88%), Phosphorus: 185.7mg (18.57%), Vitamin B6: 0.36mg (17.87%), Vitamin B1: 0.27mg (17.74%), Potassium: 615.89mg (17.6%), Fiber: 4.38g (17.5%), Vitamin B3: 3.27mg (16.36%), Magnesium: 62.1mg (15.53%), Vitamin B5: 1.32mg (13.25%), Vitamin B2: 0.21mg (12.37%), Vitamin K: 9.52µg (9.07%), Calcium: 76.64mg (7.66%), Vitamin B12: 0.44µg (7.39%), Copper: 0.14mg (7.16%), Iron: 1.21mg (6.7%), Selenium: 4.66µg (6.65%), Zinc: 0.97mg (6.45%), Vitamin E: 0.72mg (4.77%)