



Southwestern Corn and Potato Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



229 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup cilantro leaves fresh finely chopped
- ☐ 10 oz regular corn frozen thawed (not)
- ☐ 1 jalapeño fresh seeded finely chopped
- ☐ 3 tablespoons juice of lime fresh
- ☐ 1 cubes accompaniments: of california avocado; cilantro; tortilla chips; lime wedges fresh chopped
- ☐ 26 fl. oz. chicken broth reduced-sodium
- ☐ 3 tablespoons olive oil

- ☐ 1 large onion chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 cup water
- ☐ 1.5 lb yellow-fleshed potatoes such as yukon gold (2)

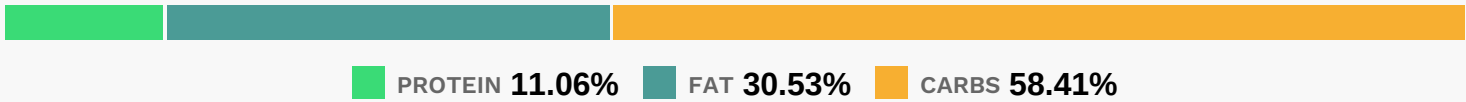
Equipment

- ☐ pot
- ☐ potato masher

Directions

- ☐ Heat oil in a 5- to 6-quart heavy pot over moderate heat until hot but not smoking, then cook onion, jalapeño, salt, and pepper, stirring occasionally, until onion is pale golden, about 8 minutes.
- ☐ Meanwhile, peel potatoes and cut into 1-inch pieces.
- ☐ Add broth, water, and potatoes to onion mixture and cover pot, then bring to a boil over high heat.
- ☐ Reduce heat and simmer, uncovered, stirring occasionally, until potatoes are very tender, 12 to 14 minutes.
- ☐ Coarsely mash potatoes in pot with a potato masher. Stir in corn and simmer, uncovered, 3 minutes.
- ☐ Stir in lime juice, cilantro, and salt to taste.

Nutrition Facts



Properties

Glycemic Index:39.79, Glycemic Load:15.06, Inflammation Score:-5, Nutrition Score:10.826086972071%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg,

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.38mg, Quercetin: 6.38mg, Quercetin: 6.38mg, Quercetin: 6.38mg

Nutrients (% of daily need)

Calories: 228.97kcal (11.45%), Fat: 8.28g (12.75%), Saturated Fat: 1.3g (8.1%), Carbohydrates: 35.67g (11.89%), Net Carbohydrates: 31.28g (11.38%), Sugar: 2.34g (2.6%), Cholesterol: 0mg (0%), Sodium: 245.06mg (10.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.75g (13.51%), Vitamin C: 32.84mg (39.8%), Vitamin B6: 0.48mg (23.79%), Potassium: 782.44mg (22.36%), Vitamin B3: 3.82mg (19.12%), Fiber: 4.38g (17.53%), Phosphorus: 153.57mg (15.36%), Manganese: 0.3mg (14.9%), Copper: 0.23mg (11.7%), Magnesium: 46.66mg (11.66%), Folate: 43.61µg (10.9%), Vitamin B1: 0.15mg (10.29%), Iron: 1.6mg (8.9%), Vitamin K: 9.15µg (8.71%), Vitamin E: 1.14mg (7.62%), Vitamin B2: 0.13mg (7.48%), Zinc: 0.85mg (5.66%), Vitamin B5: 0.53mg (5.27%), Calcium: 29.95mg (2.99%), Vitamin B12: 0.13µg (2.14%), Vitamin A: 79.09IU (1.58%), Selenium: 0.87µg (1.24%)