



Southwestern Corn Soup

 Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



59 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 Tbsp butter
- 14.8 oz regular corn cream-style canned
- 3 oz philadelphia cream cheese cubed
- 1 small bell pepper green chopped
- 8 oz mexican velveeta cut into 1/2-inch cubes
- 1.5 cups milk
- 0.3 cup tortilla chips crushed

Equipment

sauce pan

Directions

- Cook and stir peppers in butter in medium saucepan on medium heat 3 to 5 min. or until crisp-tender.
- Add cream cheese; cook on low heat 3 to 5 min. until melted, stirring frequently. Stir in VELVEETA, corn and milk; cook 5 min. or until VELVEETA is completely melted and soup is heated through, stirring occasionally.
- Serve topped with chips.

Nutrition Facts



Properties

Glycemic Index:3, Glycemic Load:0.32, Inflammation Score:-1, Nutrition Score:1.5282608685286%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 58.93kcal (2.95%), Fat: 3.82g (5.88%), Saturated Fat: 1.1g (6.86%), Carbohydrates: 5.39g (1.8%), Net Carbohydrates: 5.07g (1.85%), Sugar: 1.74g (1.93%), Cholesterol: 10mg (3.33%), Sodium: 106.51mg (4.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.75%), Calcium: 38.01mg (3.8%), Vitamin C: 3.07mg (3.72%), Vitamin A: 153.62IU (3.07%), Phosphorus: 30.27mg (3.03%), Vitamin B2: 0.04mg (2.28%), Folate: 7.94µg (1.98%), Potassium: 56.37mg (1.61%), Magnesium: 6.19mg (1.55%), Vitamin B6: 0.03mg (1.51%), Vitamin B12: 0.09µg (1.45%), Fiber: 0.31g (1.25%), Zinc: 0.19mg (1.24%), Vitamin B5: 0.12mg (1.21%), Vitamin B1: 0.02mg (1.09%), Vitamin D: 0.16µg (1.07%), Vitamin B3: 0.2mg (1.02%)