



## Spicy Poblano and Corn Soup

 Vegetarian  Gluten Free

READY IN



13 min.

SERVINGS



4

CALORIES



247 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 16 ounce baby gold and corn white frozen divided thawed (such as Birds Eye)
- 2 cups milk fat-free divided
- 1 cup prechopped onion refrigerated
- 1 pound poblano chiles seeded chopped
- 0.8 teaspoon salt
- 2 ounces sharp cheddar cheese shredded reduced-fat
- 1 tablespoon water

### Equipment

- bowl
- frying pan
- ladle
- blender
- microwave
- dutch oven

## Directions

- Place 1 cup corn and 1 1/2 cups milk in a Dutch oven. Bring mixture to a boil over medium heat.
- Combine chopped chile, onion, and 1 tablespoon water in a microwave-safe bowl. Cover and microwave at HIGH 4 minutes.
- Meanwhile, place 2 cups corn and 1/2 cup milk in a blender; process until smooth.
- Add pureed mixture to corn mixture in pan. Stir in chile mixture and salt, and cook 6 minutes over medium heat. Ladle soup into bowls, and top each serving with 2 tablespoons cheddar cheese.

## Nutrition Facts

**PROTEIN 18.99%** **FAT 22.9%** **CARBS 58.11%**

## Properties

Glycemic Index:38.19, Glycemic Load:14.94, Inflammation Score:-8, Nutrition Score:19.057391332543%

## Flavonoids

Luteolin: 5.35mg, Luteolin: 5.35mg, Luteolin: 5.35mg, Luteolin: 5.35mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.63mg, Quercetin: 10.63mg, Quercetin: 10.63mg, Quercetin: 10.63mg

## Nutrients (% of daily need)

Calories: 247.02kcal (12.35%), Fat: 6.85g (10.54%), Saturated Fat: 3.09g (19.3%), Carbohydrates: 39.12g (13.04%), Net Carbohydrates: 33.8g (12.29%), Sugar: 15.8g (17.55%), Cholesterol: 17.85mg (5.95%), Sodium: 585.28mg (25.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.79g (25.57%), Vitamin C: 100.37mg (121.66%), Phosphorus: 317.59mg (31.76%), Calcium: 286.24mg (28.62%), Vitamin B6: 0.54mg (27.02%), Vitamin A: 1110.54IU (22.21%), Fiber: 5.33g (21.32%), Potassium: 719.63mg (20.56%), Vitamin B2: 0.33mg (19.42%), Manganese: 0.39mg

(19.28%), Vitamin B1: 0.26mg (17.41%), Magnesium: 63.4mg (15.85%), Vitamin B5: 1.56mg (15.55%), Vitamin B12: 0.86µg (14.35%), Zinc: 1.99mg (13.28%), Vitamin B3: 2.65mg (13.26%), Folate: 50.45µg (12.61%), Selenium: 6.89µg (9.84%), Vitamin D: 1.43µg (9.55%), Vitamin K: 9.35µg (8.9%), Copper: 0.15mg (7.7%), Iron: 1.01mg (5.59%), Vitamin E: 0.64mg (4.24%)