



Spicy Poblano and Corn Soup



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



247 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 oz baby corns white frozen thawed
- ☐ 2 cups skim milk fat-free (skim)
- ☐ 1 lb poblano pepper seeded chopped
- ☐ 1 cup onion refrigerated (from 8-oz container)
- ☐ 1 tablespoon water
- ☐ 0.8 teaspoon salt
- ☐ 2 oz sharp cheddar cheese shredded reduced-fat

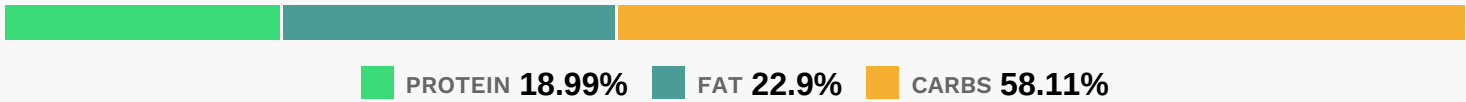
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ blender
- ☐ microwave

Directions

- ☐ In 3-quart saucepan, stir 1 cup of the corn and 1 1/2 cups of the milk.
- ☐ Heat to boiling over medium heat.
- ☐ In medium microwavable bowl, mix chiles, onion and water. Cover; microwave on High 4 minutes.
- ☐ Meanwhile, in blender, place remaining 2 cups corn and 1/2 cup milk. Cover; blend on high speed until smooth.
- ☐ Add pureed mixture to corn mixture in saucepan. Stir in chile mixture and salt. Cook 6 minutes over medium heat, stirring occasionally, until hot.
- ☐ Ladle about 1 1/3 cups soup into each of 4 bowls. Top each serving with 2 tablespoons cheese.

Nutrition Facts



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: Og (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%)