



## Spicy Southwest Corn-Cheese Soup

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



183 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 Tbsp butter
- 4 oz chiles green undrained chopped canned
- 0.8 cup chicken broth
- 2 Tbsp cilantro leaves chopped
- 10 oz kernel corn whole frozen thawed drained
- 1 clove garlic minced
- 0.8 cup milk
- 0.5 cup tortilla chips) crushed

8 oz velveeta®

8 oz velveeta®

## Equipment

sauce pan

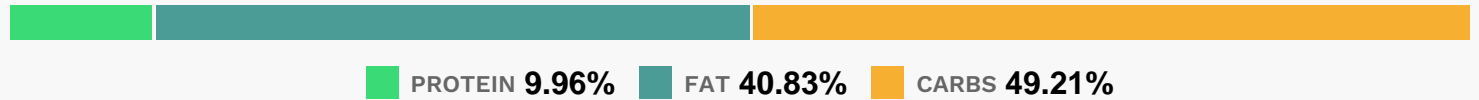
## Directions

Cook and stir corn and garlic in butter in large saucepan on medium-high heat until garlic is tender. Reduce heat to medium.

Add all remaining ingredients except chips; cook until VELVEETA is completely melted and soup is heated through, stirring occasionally.

Serve topped with the crushed chips.

## Nutrition Facts



## Properties

Glycemic Index:25, Glycemic Load:0.88, Inflammation Score:-4, Nutrition Score:5.4408695179483%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 182.67kcal (9.13%), Fat: 8.44g (12.99%), Saturated Fat: 2.01g (12.56%), Carbohydrates: 22.9g (7.63%), Net Carbohydrates: 21.62g (7.86%), Sugar: 2.51g (2.79%), Cholesterol: 6.37mg (2.12%), Sodium: 489.3mg (21.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.64g (9.27%), Vitamin C: 11.2mg (13.57%), Phosphorus: 114.54mg (11.45%), Folate: 37.77µg (9.44%), Calcium: 87.44mg (8.74%), Vitamin B2: 0.12mg (7.1%), Magnesium: 27.28mg (6.82%), Potassium: 222.49mg (6.36%), Fiber: 1.28g (5.12%), Vitamin B3: 1mg (5.02%), Vitamin A: 249.91IU (5%), Vitamin B6: 0.1mg (4.88%), Vitamin B1: 0.07mg (4.7%), Iron: 0.8mg (4.44%), Vitamin E: 0.66mg (4.41%), Zinc: 0.65mg (4.34%), Vitamin B12: 0.26µg (4.32%), Vitamin B5: 0.38mg (3.77%), Manganese: 0.08mg (3.76%), Vitamin K: 3.77µg (3.59%), Vitamin D: 0.5µg (3.36%), Selenium: 1.87µg (2.67%), Copper: 0.05mg (2.28%)