



Spicy Southwest Corn-Cheese Soup

 Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



29 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®

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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:4, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:0.87086956915648%

Flavonoids

Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 29.23kcal (1.46%), Fat: 1.35g (2.08%), Saturated Fat: 0.32g (2.01%), Carbohydrates: 3.66g (1.22%), Net Carbohydrates: 3.46g (1.26%), Sugar: 0.4g (0.45%), Cholesterol: 1.02mg (0.34%), Sodium: 78.29mg (3.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.48%), Vitamin C: 1.79mg (2.17%), Phosphorus: 18.33mg (1.83%), Folate: 6.04µg (1.51%), Calcium: 13.99mg (1.4%), Vitamin B2: 0.02mg (1.14%), Magnesium: 4.36mg (1.09%), Potassium: 35.6mg (1.02%)