



WHATSheATE



TexMex Dairy-Free Cream of Corn Soup



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



349 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bay leaf
- ☐ 398 ml regular corn cream-style canned (most brands are dairy free)
- ☐ 1 teaspoon chili powder
- ☐ 3 tablespoons masa
- ☐ 1 cup so delicious dairy-free original culinary coconut milk
- ☐ 1 cup so delicious dairy free almond milk unsweetened
- ☐ 3 cup regular corn frozen
- ☐ 1 teaspoon ground pepper black

- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 small onion minced
- ☐ 1 tablespoon parsley chopped
- ☐ 1 teaspoon salt
- ☐ 2 cups vegetable broth

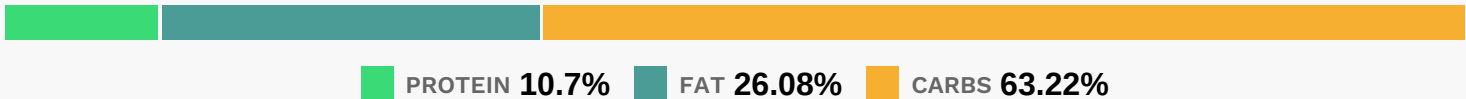
Equipment

- ☐ whisk
- ☐ pot

Directions

- ☐ In a medium pot preheated over medium-high heat, add oil and sauté onion, chili powder, bay leaf and parsley for 1 minute.
- ☐ Add corn flour, stir to cook for a few seconds. Slowly pour in the almond milk, whisking to thicken slightly.
- ☐ Add vegetable broth, coconut milk, frozen corn and canned corn. Bring to a boil. Skim off any foam.Lower the heat to medium, to a strong simmer and cook for another 5 min. Puree ½ of the corn to thicken the soup. Then pour it back into the pot.Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:50.71, Glycemic Load:2.31, Inflammation Score:-8, Nutrition Score:19.386086837105%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg

Nutrients (% of daily need)

Calories: 348.91kcal (17.45%), Fat: 11.08g (17.05%), Saturated Fat: 1.48g (9.28%), Carbohydrates: 60.43g (20.14%), Net Carbohydrates: 54.23g (19.72%), Sugar: 8.34g (9.26%), Cholesterol: 0mg (0%), Sodium: 1407.53mg (61.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.23g (20.46%), Vitamin B3: 7.18mg (35.91%), Folate: 140.19µg (35.05%), Vitamin B6: 0.62mg (31.17%), Vitamin C: 24.46mg (29.65%), Vitamin E: 4.27mg (28.47%), Fiber: 6.2g (24.81%), Vitamin B2: 0.42mg (24.55%), Vitamin B12: 1.27µg (21.24%), Potassium: 736.09mg (21.03%), Vitamin K: 22.03µg (20.98%), Vitamin A: 1036.02IU (20.72%), Manganese: 0.39mg (19.61%), Calcium: 190.43mg (19.04%), Phosphorus: 181.78mg (18.18%), Magnesium: 66.68mg (16.67%), Vitamin B1: 0.25mg (16.59%), Copper: 0.29mg (14.71%), Zinc: 1.88mg (12.57%), Iron: 2.19mg (12.19%), Vitamin D: 1.42µg (9.44%), Selenium: 5.09µg (7.27%), Vitamin B5: 0.6mg (6.03%)