



Thai Corn Chowder

 Vegetarian  Gluten Free

READY IN

ready

70 min.

SERVINGS

servings

4

CALORIES

calories

477 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 peppercorns black
- ☐ 13 ounce coconut milk canned
- ☐ 4 ears corn
- ☐ 8 basil leaves fresh
- ☐ 0.3 cup cilantro leaves fresh roughly chopped
- ☐ 2 tablespoons ginger fresh grated peeled
- ☐ 8 mint leaves fresh
- ☐ 4 cloves garlic smashed

- ☐ 0.5 juice of lime for garnish
- ☐ 4 servings kosher salt
- ☐ 1 stalk lemongrass cut into thirds
- ☐ 4 radishes thinly sliced
- ☐ 1 jalapeno red minced seeded
- ☐ 12 ounces red-skinned potatoes diced
- ☐ 0.8 cup scallions chopped
- ☐ 1 tomatoes diced seeded
- ☐ 4 tablespoons butter unsalted

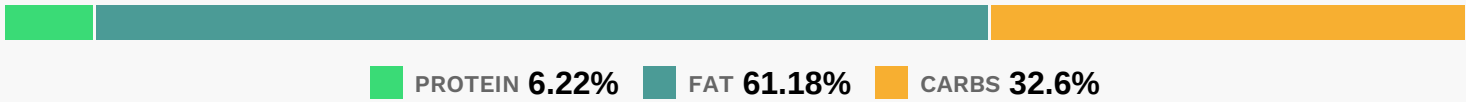
Equipment

- ☐ pot

Directions

- ☐ Cut off the corn kernels; set aside.
- ☐ Combine the cobs, 1 cup potatoes, 1/2 cup scallions, 1 tablespoon ginger, the garlic, peppercorns and 5 cups water in a pot. Smash the lemongrass, if using, and add to the pot. Bring to a boil, then simmer for 25 to 30 minutes.
- ☐ About 10 minutes before the broth is finished, melt the butter over medium-high heat in a separate pot.
- ☐ Add the remaining 1 cup potatoes, season with salt and cook until slightly soft, 5 minutes.
- ☐ Add the remaining 1 tablespoon ginger and the jalapeno; cook 1 minute.
- ☐ Add the corn kernels; cook until the vegetables are just tender, 3 to 4 minutes.
- ☐ Strain the broth, pressing out as much liquid as possible; discard the solids.
- ☐ Add 2 cups of the strained broth to the potatoes and corn; bring to a boil, cover and simmer for 10 minutes.
- ☐ Add the coconut milk, basil and mint; season with salt. Stir until simmering.
- ☐ Remove from the heat and add the radishes, cilantro and lime juice. Top with diced tomato and the remaining 1/4 cup scallions and serve with lime wedges.
- ☐ Per serving: Calories 407; Fat 32 g (Saturated 25 g); Cholesterol 30 mg

Nutrition Facts



Properties

Glycemic Index:89.5, Glycemic Load:1.19, Inflammation Score:-8, Nutrition Score:20.663913054311%

Flavonoids

Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 1.17mg, Hesperetin: 1.17mg, Hesperetin: 1.17mg, Hesperetin: 1.17mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg

Nutrients (% of daily need)

Calories: 476.78kcal (23.84%), Fat: 34.83g (53.59%), Saturated Fat: 26.99g (168.72%), Carbohydrates: 41.77g (13.92%), Net Carbohydrates: 35.07g (12.75%), Sugar: 11.46g (12.74%), Cholesterol: 30.1mg (10.03%), Sodium: 246.76mg (10.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.97g (15.93%), Manganese: 1.5mg (75.14%), Vitamin K: 52.41µg (49.91%), Vitamin C: 32.29mg (39.14%), Potassium: 1098.48mg (31.39%), Fiber: 6.69g (26.77%), Phosphorus: 256.77mg (25.68%), Magnesium: 102.08mg (25.52%), Copper: 0.49mg (24.66%), Vitamin A: 1198.15IU (23.96%), Folate: 93.63µg (23.41%), Iron: 3.57mg (19.84%), Vitamin B3: 3.76mg (18.79%), Vitamin B6: 0.37mg (18.42%), Vitamin B1: 0.27mg (18.03%), Vitamin B5: 1.17mg (11.7%), Zinc: 1.64mg (10.93%), Selenium: 7.48µg (10.68%), Vitamin B2: 0.12mg (7.29%), Calcium: 63.59mg (6.36%), Vitamin E: 0.88mg (5.85%), Vitamin D: 0.21µg (1.4%)