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Corn & Green Chili Bisque

A creamy and flavorful bisque made with corn and green chili. Perfect for a cozy dinner.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	corn kernels
200 g	green chili peppers
100 g	onion
2 cloves	garlic
500 ml	vegetable broth
200 ml	heavy cream

2 tbsp	olive oil
1 tsp	Salt
1 tsp	Black pepper

Directions

Step 1

Sautéing

In a large pot, heat olive oil over medium heat. Add onion and garlic, and sauté until fragrant.

Prep Time: 5 mins

Cook Time: 5 mins

Step 2

Cooking

Add corn kernels and green chili peppers to the pot. Cook for another 5 minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 3

Simmering

Pour in vegetable broth and bring to a boil. Reduce heat and let simmer for 15 minutes.

Prep Time: 0 mins

Cook Time: 15 mins

Step 4

Blending

Using an immersion blender, puree the soup until smooth. Alternatively, transfer the soup to a blender and blend in batches.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Heating

Return the pureed soup to the pot. Stir in heavy cream and season with salt and black pepper. Heat for another 5 minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Serving

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 15 g

Protein: 4 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	3 g	7.89%	12%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	30 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	4 mg	307.69%	307.69%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	6 mg	0.6%	0.6%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	8 mg	100%	44.44%
Potassium	250 mg	7.35%	9.62%
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Summer Fall

Events

Picnic

Course

Soups

Cultural

Chinese New Year

Diet

Low Sodium Diet The Fast Metabolism Diet Nutrient Timing Diet
 The Gerson Therapy The Beverly Hills Diet The F-Plan Diet
 The Israeli Army Diet The Air Diet The Breatharian Diet The Werewolf Diet
 The Master Cleanse Diet The Subway Diet The SlimFast Diet
 The Eat-Clean Diet The Dukan Diet

Meal Type

Lunch

Snack

Supper

Difficulty Level

Easy

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