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## Cashew Corn Chowder ♦♦

Cashew Corn Chowder is a creamy and delicious soup made with cashews and fresh corn. It is a hearty and comforting dish that can be enjoyed as a main course or as a side dish. The soup is vegan and gluten-free, making it suitable for a wide range of dietary needs. It is perfect for cold winter nights or anytime you want a warm and satisfying meal.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 30 mins

**Total Time:** 50 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

200 g	Cashews
400 g	fresh corn
1000 ml	vegetable broth
100 g	onion

10 g	garlic
30 ml	olive oil
5 g	Salt
2 g	Black pepper
10 g	fresh parsley
15 ml	lemon juice

## Directions

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### Step 1

Soak cashews in water overnight.

**Prep Time:** 127 mins

**Cook Time:** 0 mins

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### Step 2

Stove

Heat olive oil in a large pot over medium heat. Add chopped onion and minced garlic.

Cook until onion is translucent.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 3

Stove

Add fresh corn kernels and cook for another 5 minutes.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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## Step 4

Stove

Drain and rinse cashews. Add cashews and vegetable broth to the pot. Bring to a boil and simmer for 15 minutes.

**Prep Time:** 5 mins

**Cook Time:** 15 mins

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## Step 5

Blender

Use an immersion blender to puree the soup until smooth and creamy.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 6

Stirring

Season with salt, black pepper, and lemon juice. Stir well.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 7

Plating

Garnish with fresh parsley and serve hot.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 250 kcal

**Fat:** 15 g

**Protein:** 10 g

**Carbohydrates:** 20 g

## Nutrition Facts

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**Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	5 g	13.16%	20%
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	10 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	15 g	53.57%	60%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	500 iu	55.56%	71.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	30 mg	33.33%	40%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	50 mg	5%	5%
Iron	2 mg	25%	11.11%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Seasonality

Winter

Summer

Fall

### Events

Christmas Thanksgiving Birthday Wedding Halloween Valentine's Day  
Mother's Day Father's Day New Year Anniversary Baby Shower  
Bridal Shower Graduation Back to School Barbecue Picnic Game Day

**Meal Type**

Lunch Dinner Snack

**Difficulty Level**

Easy

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