

Fresh Long Island Corn Soup

Yield: 6 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/corn-chowder-japanese-recipe>

Ingredients:

- 20 min
- cheese
- 2 tablespoons extra virgin olive oil
- salad
- 1 white onion
- 1 clove garlic
- 1 tablespoon kosher salt
- 2 cups vegetable broth
- fresh corn
- crostini
- corn soup
- blueberry
- crostini
- soup
- 1 white onion
- 2 tablespoons extra virgin olive oil
- 3 tablespoons corn
- 2 cups vegetable broth
- 1 tablespoon kosher salt
- 1 clove garlic

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 5 milligrams
4. Fat: 13 grams
5. Fiber: 2 grams
6. Protein: 3 grams
7. SaturatedFat: 2.5 grams

8. Sodium: 3090 milligrams
 9. Sugar: 6 grams
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