

# Corn Gazpacho

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## CORN STOCK

*liquid from two cans of corn*

*1 cup water*

*1 cup vegetable stock*

*salt (to taste)*

## GAZPACHO

*1 red onion, diced*

*2 cans corn*

*corn stock*

*pinch of cayenne*

*1 lime, juiced*

*1 tablespoon butter*

*drizzle heavy cream*

*salt (to taste)*

Make the corn stock: Place all of the ingredients in a large pot. Bring to a boil, Let simmer until ready for use.

Make the gazpacho: In a large saute' pot, saute' the red onion in butter over medium heat. Once translucent, add in the corn. Cook for a couple of minutes. Add in all of the corn stock, cayenne, lime juice and salt. Bring to a boil and let simmer for a couple of minutes.

Transfer the mixture to a blender and puree' until smooth. Return the mixture to the pot. Continue to cook for another couple of minutes. Add in the heavy cream and salt, to taste.

Serve chilled. Garnish with cilantro and queso fresco.

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Per Serving (excluding unknown items): 500 Calories; 18g Fat (29.6% calories from fat); 14g Protein; 81g Carbohydrate; 11g Dietary Fiber; 34mg Cholesterol; 1783mg Sodium. Exchanges: 4 Grain(Starch); 2 1/2 Vegetable; 1/2 Fruit; 3 1/2 Fat.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	500	Vitamin B6 (mg):	.4mg
% Calories from Fat:	29.6%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	60.0%	Thiamin B1 (mg):	.5mg
% Calories from Protein:	10.4%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	18g	Folacin (mcg):	140mcg
Saturated Fat (g):	8g	Niacin (mg):	5mg
Monounsaturated Fat (g):	5g	Caffeine (mg):	0mg
		Alcohol (kcal):	0

Polyunsaturated Fat (g):	3g
Cholesterol (mg):	34mg
Carbohydrate (g):	81g
Dietary Fiber (g):	11g
Protein (g):	14g
Sodium (mg):	1783mg
Potassium (mg):	1195mg
Calcium (mg):	100mg
Iron (mg):	4mg
Zinc (mg):	3mg
Vitamin C (mg):	47mg
Vitamin A (i.u.):	5145IU
Vitamin A (r.e.):	579RE

% Refused: 0.0%

## Food Exchanges

Grain (Starch):	4
Lean Meat:	0
Vegetable:	2 1/2
Fruit:	1/2
Non-Fat Milk:	0
Fat:	3 1/2
Other Carbohydrates:	0

## Nutrition Facts

### Amount Per Serving

Calories 500      Calories from Fat: 148

### % Daily Values\*

<b>Total Fat</b>	18g	27%
Saturated Fat	8g	42%
<b>Cholesterol</b>	34mg	11%
<b>Sodium</b>	1783mg	74%
<b>Total Carbohydrates</b>	81g	27%
Dietary Fiber	11g	45%
<b>Protein</b>	14g	
<b>Vitamin A</b>		103%
<b>Vitamin C</b>		78%
<b>Calcium</b>		10%
<b>Iron</b>		20%

\* Percent Daily Values are based on a 2000 calorie diet.