



A-Maize-ing Corn Chowder

 **Gluten Free**

READY IN



45 min.

SERVINGS



6

CALORIES



356 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 slices bacon
- 29.5 ounce corn cream-style canned
- 6 servings pepper black to taste
- 2 cups milk
- 1 onion chopped
- 2 potatoes cubed peeled
- 0.5 teaspoon salt
- 0.5 cup water

15.3 ounce corn whole canned

Equipment

dutch oven

Directions

- Fry bacon in a Dutch oven until crisp; remove bacon, reserving 2 tablespoons drippings. Crumble bacon and set aside.
- Saute onion in reserved drippings until tender; add potatoes and water. Cover and simmer 15 to 20 minutes or until potatoes are tender.
- Stir in milk, corn, salt, and pepper to taste; continue to cook, stirring frequently, until heated through.
- Sprinkle with crumbled bacon to serve.

Nutrition Facts

 **PROTEIN 11.88%**  **FAT 31.44%**  **CARBS 56.68%**

Properties

Glycemic Index:30.13, Glycemic Load:10.91, Inflammation Score:-6, Nutrition Score:12.841739099959%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg

Nutrients (% of daily need)

Calories: 356.47kcal (17.82%), Fat: 13.04g (20.06%), Saturated Fat: 4.71g (29.46%), Carbohydrates: 52.87g (17.62%), Net Carbohydrates: 49.3g (17.93%), Sugar: 9.75g (10.83%), Cholesterol: 24.28mg (8.09%), Sodium: 857.58mg (37.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.09g (22.17%), Vitamin C: 22.28mg (27.01%), Phosphorus: 260.4mg (26.04%), Folate: 95.69µg (23.92%), Potassium: 762.97mg (21.8%), Vitamin B6: 0.43mg (21.38%), Vitamin B3: 3.64mg (18.21%), Magnesium: 62.56mg (15.64%), Vitamin B1: 0.22mg (14.39%), Manganese: 0.29mg (14.32%), Fiber: 3.57g (14.29%), Vitamin B2: 0.24mg (14.27%), Calcium: 120.65mg (12.07%), Zinc: 1.77mg (11.83%), Selenium: 6.83µg (9.76%), Copper: 0.19mg (9.67%), Vitamin B12: 0.55µg (9.15%), Vitamin B5: 0.91mg (9.1%), Iron: 1.38mg (7.68%), Vitamin D: 0.98µg (6.55%), Vitamin A: 245.38IU (4.91%), Vitamin K: 1.83µg (1.74%), Vitamin E: 0.24mg (1.63%)