



## Bacon and Corn Chowder

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



90 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 4 slices oscar mayer bacon chopped
- 2 stalks celery sliced
- 10 oz cream of chicken soup canned
- 10 oz regular corn frozen thawed
- 8 oz hoffman's pepper pasteurized process cheese food hot cubed
- 3 cups milk
- 1 small onion chopped
- 0.3 tsp pepper

1.5 lb potatoes red cubed peeled ( 5)

## Equipment

frying pan

paper towels

sauce pan

## Directions

Cook bacon in large saucepan until crisp, stirring frequently.

Remove bacon from pan, reserving 2 Tbsp. drippings in pan.

Drain bacon on paper towels.

Add potatoes, onions and celery to drippings; cook and stir 2 min.

Stir in soup and milk; bring to boil. Simmer on low heat 8 min., stirring occasionally.

Add remaining ingredients; cook 5 min. or until process cheese food is completely melted and potatoes are tender, stirring occasionally.

## Nutrition Facts



## Properties

Glycemic Index:6.63, Glycemic Load:0.8, Inflammation Score:-2, Nutrition Score:3.5378260897553%

## Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

## Nutrients (% of daily need)

Calories: 90.06kcal (4.5%), Fat: 4.89g (7.53%), Saturated Fat: 2.47g (15.44%), Carbohydrates: 8.04g (2.68%), Net Carbohydrates: 7.3g (2.66%), Sugar: 1.69g (1.88%), Cholesterol: 12.35mg (4.12%), Sodium: 147.17mg (6.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.03g (8.06%), Calcium: 92.2mg (9.22%), Phosphorus: 88.76mg (8.88%), Potassium: 194.7mg (5.56%), Vitamin B2: 0.09mg (5.14%), Vitamin B6: 0.09mg (4.45%), Selenium: 2.54µg (3.63%), Vitamin B1: 0.05mg (3.59%), Zinc: 0.54mg (3.58%), Magnesium: 14.27mg (3.57%), Vitamin C: 2.9mg (3.51%), Vitamin

B12: 0.21µg (3.49%), Manganese: 0.06mg (3.17%), Vitamin B3: 0.62mg (3.09%), Fiber: 0.74g (2.95%), Folate: 10.82µg (2.7%), Copper: 0.05mg (2.66%), Vitamin A: 130.02IU (2.6%), Vitamin B5: 0.24mg (2.42%), Iron: 0.41mg (2.27%), Vitamin D: 0.33µg (2.17%), Vitamin K: 2.13µg (2.02%)