



Bob Evans® Sausage Corn Chowder

READY IN



40 min.

SERVINGS



4

CALORIES



668 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 teaspoon garlic powder
- ☐ 1 cup onions diced
- ☐ 1 pound 1 pound bob evans® original recipe hot bob evans®
- ☐ 1 cup bell peppers diced red
- ☐ 4 servings salt and pepper to taste
- ☐ 30 ounce regular corn sweet cream style canned
- ☐ 4 cups milk whole 2%

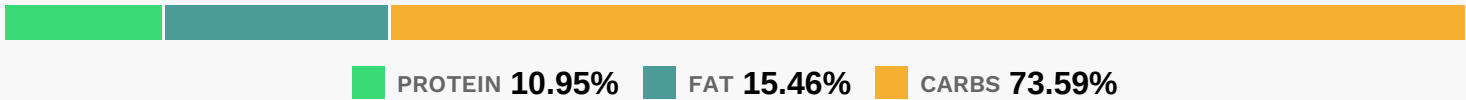
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Over medium-high heat, brown and crumble sausage in soup pot. While sausage begins to brown, add onions and red peppers, cook until tender and sausage is no longer pink.
- ☐ Drain.
- ☐ Add flour, stir well into mixture and cook 5-6 minutes.
- ☐ Add milk and combine with sausage mixture.
- ☐ Add cream corn and simmer for 20-25 minutes until base thickens.
- ☐ Add garlic powder, salt and pepper.
- ☐ Garnish with scallions on top in soup bowl. Refrigerate leftovers.

Nutrition Facts



Properties

Glycemic Index:44.25, Glycemic Load:7.7, Inflammation Score:-9, Nutrition Score:27.353912819987%

Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.21mg, Quercetin: 8.21mg, Quercetin: 8.21mg, Quercetin: 8.21mg

Nutrients (% of daily need)

Calories: 668.3kcal (33.41%), Fat: 11.95g (18.39%), Saturated Fat: 5.63g (35.19%), Carbohydrates: 128.03g (42.68%), Net Carbohydrates: 123.33g (44.85%), Sugar: 63.5g (70.55%), Cholesterol: 144.95mg (48.32%), Sodium: 1551.2mg (67.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.05g (38.11%), Vitamin C: 59.36mg (71.95%), Phosphorus: 536.34mg (53.63%), Vitamin B2: 0.82mg (47.98%), Folate: 176.41µg (44.1%), Calcium: 398.52mg (39.85%), Vitamin A: 1894.35IU (37.89%), Vitamin B1: 0.53mg (35.47%), Vitamin B12: 1.59µg (26.5%), Potassium: 906.46mg (25.9%), Manganese: 0.51mg (25.69%), Vitamin B3: 5.12mg (25.6%), Vitamin B6: 0.5mg (25.15%),

Selenium: 17.36µg (24.8%), Iron: 4.32mg (24.02%), Magnesium: 87.34mg (21.84%), Vitamin B5: 2.02mg (20.2%),
Vitamin D: 2.91µg (19.41%), Zinc: 2.9mg (19.33%), Fiber: 4.7g (18.8%), Copper: 0.21mg (10.59%), Vitamin E: 1.14mg
(7.62%), Vitamin K: 2.96µg (2.82%)