



Bob Evans® Sausage Corn Chowder

READY IN



40 min.

SERVINGS



4

CALORIES



669 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
- ☐ 3 teaspoons scallions green sliced
- ☐ 30 ounce regular corn sweet cream style canned
- ☐ 4 cups milk whole 2%

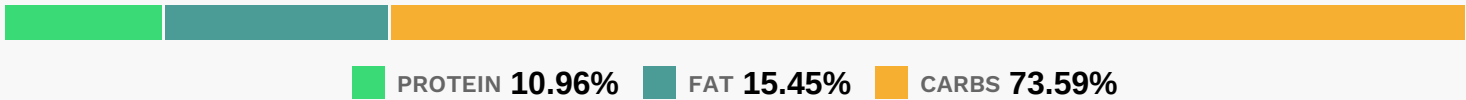
Equipment

- ☐ 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:52.25, Glycemic Load:7.72, Inflammation Score:-9, Nutrition Score:27.569565026656%

Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.37mg, Quercetin: 8.37mg, Quercetin: 8.37mg, Quercetin: 8.37mg

Nutrients (% of daily need)

Calories: 668.78kcal (33.44%), Fat: 11.96g (18.39%), Saturated Fat: 5.63g (35.2%), Carbohydrates: 128.14g (42.71%), Net Carbohydrates: 123.4g (44.87%), Sugar: 63.53g (70.59%), Cholesterol: 144.95mg (48.32%), Sodium: 1551.44mg (67.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.08g (38.16%), Vitamin C: 59.64mg (72.29%), Phosphorus: 536.9mg (53.69%), Vitamin B2: 0.82mg (48.05%), Folate: 177.37µg (44.34%), Calcium: 399.6mg (39.96%), Vitamin A: 1909.31IU (38.19%), Vitamin B1: 0.53mg (35.52%), Vitamin B12: 1.59µg (26.5%), Potassium: 910.6mg (26.02%), Manganese: 0.52mg (25.81%), Vitamin B3: 5.13mg (25.64%), Vitamin B6: 0.5mg (25.19%),

Selenium: 17.37µg (24.81%), Iron: 4.34mg (24.14%), Magnesium: 87.64mg (21.91%), Vitamin B5: 2.02mg (20.21%),
Vitamin D: 2.91µg (19.41%), Zinc: 2.9mg (19.37%), Fiber: 4.74g (18.95%), Copper: 0.21mg (10.65%), Vitamin E: 1.15mg
(7.68%), Vitamin K: 6.06µg (5.77%)