



## Broccoli Chowder with Corn and Bacon

READY IN



40 min.

SERVINGS



4

CALORIES



708 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 slices bacon cut into 1-inch pieces
- 1 medium onion chopped
- 0.3 cup flour all-purpose
- 29 ounces chicken broth reduced-sodium canned
- 1 large baking potatoes diced peeled
- 1 pound broccoli peeled thinly sliced cut into bite-size florets, stalks and
- 10 ounces corn kernels frozen
- 0.5 teaspoon thyme dried
- 1 cup milk whole

1 serving coarse mustard

## Equipment

pot

slotted spoon

## Directions

In a large pot, cook bacon over medium-low, stirring occasionally, until crisp, 8 to 10 minutes. Using a slotted spoon, transfer to a paper-towel-lined plate. Increase heat to medium. Cook onion, stirring, until it begins to soften, 6 to 8 minutes.

Add flour; cook, stirring constantly, 30 seconds.

Add broth and potato; bring to a boil. Reduce to a simmer; cook until potato is tender, about 10 minutes.

Add broccoli, corn, thyme, and milk. Cook until broccoli is crisp-tender, 8 to 10 minutes. Season with salt and pepper.

Serve topped with bacon.

## Nutrition Facts



## Properties

Glycemic Index:72.19, Glycemic Load:20.54, Inflammation Score:-9, Nutrition Score:36.769565437151%

## Flavonoids

Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 9.07mg, Kaempferol: 9.07mg, Kaempferol: 9.07mg, Kaempferol: 9.07mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 9.28mg, Quercetin: 9.28mg, Quercetin: 9.28mg, Quercetin: 9.28mg

## Nutrients (% of daily need)

Calories: 708.04kcal (35.4%), Fat: 28.85g (44.38%), Saturated Fat: 9.04g (56.51%), Carbohydrates: 47.99g (16%), Net Carbohydrates: 41.65g (15.14%), Sugar: 9.79g (10.88%), Cholesterol: 124.61mg (41.54%), Sodium: 1361.89mg (59.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 64.75g (129.49%), Vitamin C: 109.65mg (132.9%), Vitamin K: 124.53µg (118.6%), Selenium: 50.25µg (71.78%), Phosphorus: 583.95mg (58.4%), Vitamin B6: 1.07mg

(53.36%), Zinc: 6.72mg (44.83%), Vitamin B3: 8.78mg (43.88%), Vitamin B12: 2.49µg (41.58%), Potassium: 1337.5mg (38.21%), Vitamin B2: 0.58mg (34.18%), Folate: 134.64µg (33.66%), Iron: 5.17mg (28.72%), Manganese: 0.57mg (28.62%), Magnesium: 108.6mg (27.15%), Fiber: 6.34g (25.37%), Vitamin A: 1216.23IU (24.32%), Vitamin B1: 0.35mg (23.62%), Calcium: 182.97mg (18.3%), Vitamin B5: 1.6mg (16%), Copper: 0.31mg (15.53%), Vitamin E: 1.76mg (11.76%), Vitamin D: 0.96µg (6.43%)