



Cheddar Corn Chowder

READY IN



61 min.

SERVINGS



12

CALORIES



571 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounces bacon chopped
- 1 teaspoon pepper black freshly ground
- 12 cups chicken stock see
- 0.5 cup flour
- 3 pounds corn kernels fresh frozen (10 ears)
- 0.5 teaspoon ground turmeric
- 2 cups half-and-half
- 2 teaspoons kosher salt
- 0.3 cup olive oil good

- 2 pounds medium-diced potatoes white boiling unpeeled
- 0.5 pound sharp cheddar cheese white grated
- 4 tablespoons butter unsalted ()
- 6 cups onions yellow chopped (4 large onions)

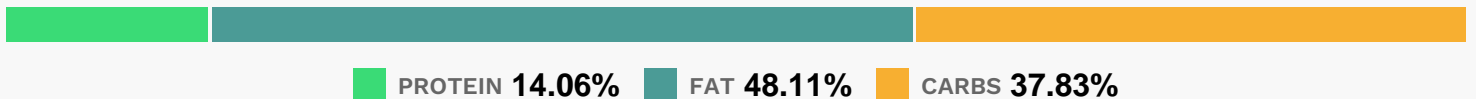
Equipment

- pot
- slotted spoon

Directions

- In a large stockpot over medium-high heat, cook the bacon and olive oil until the bacon is crisp, about 5 minutes.
- Remove the bacon with a slotted spoon and reserve. Reduce the heat to medium, add the onions and butter to the fat, and cook for 10 minutes, until the onions are translucent.
- Stir in the flour, salt, pepper, and turmeric and cook for 3 minutes.
- Add the chicken stock and potatoes, bring to a boil, and simmer uncovered for 15 minutes, until the potatoes are tender. If using fresh corn, cut the kernels off the cob and blanch them for 3 minutes in boiling salted water.
- Drain. (If using frozen corn you can skip this step.)
- Add the corn to the soup, then add the half-and-half and cheddar. Cook for 5 more minutes, until the cheese is melted. Season, to taste, with salt and pepper.
- Serve hot with a garnish of bacon.

Nutrition Facts



Properties

Glycemic Index:13.83, Glycemic Load:4.67, Inflammation Score:-9, Nutrition Score:20.21913049532%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.73mg, Quercetin: 16.73mg, Quercetin: 16.73mg

Nutrients (% of daily need)

Calories: 570.51kcal (28.53%), Fat: 31.51g (48.48%), Saturated Fat: 13.21g (82.55%), Carbohydrates: 55.74g (18.58%), Net Carbohydrates: 50.63g (18.41%), Sugar: 17.01g (18.9%), Cholesterol: 62.72mg (20.91%), Sodium: 1038.69mg (45.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.72g (41.44%), Vitamin B3: 7.89mg (39.45%), Phosphorus: 394.36mg (39.44%), Potassium: 1135.3mg (32.44%), Vitamin B1: 0.47mg (31.26%), Vitamin B2: 0.52mg (30.36%), Vitamin B6: 0.56mg (28.21%), Selenium: 19µg (27.15%), Folate: 103.35µg (25.84%), Vitamin C: 21mg (25.45%), Manganese: 0.46mg (23.17%), Magnesium: 89.29mg (22.32%), Calcium: 216.23mg (21.62%), Fiber: 5.11g (20.45%), Copper: 0.35mg (17.62%), Zinc: 2.36mg (15.76%), Vitamin B5: 1.45mg (14.52%), Vitamin A: 682.83IU (13.66%), Iron: 2.26mg (12.57%), Vitamin E: 1.26mg (8.42%), Vitamin K: 7.65µg (7.28%), Vitamin B12: 0.38µg (6.32%), Vitamin D: 0.26µg (1.73%)