



Cheesy Corn Chowder

 Gluten Free

READY IN



80 min.

SERVINGS



16

CALORIES



304 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 slices bacon finely chopped
- ☐ 1 teaspoon pepper black
- ☐ 3 large carrots cut into 1/4-inch dice
- ☐ 3 rib celery stalks cut into 1/4-inch dice
- ☐ 3 cups sharp cheddar cheese extra-sharp grated
- ☐ 3 cups ears corn fresh frozen thawed (cut from 4 ears) (not)
- ☐ 0.5 cup basil fresh finely chopped
- ☐ 2 cups cup heavy whipping cream

- ☐ 4 cups chicken broth reduced-sodium
- ☐ 1 bell pepper red cut into 1/4-inch dice
- ☐ 1.5 teaspoons salt
- ☐ 1 large onion sweet finely chopped
- ☐ 0.8 pound sweet potatoes and into peeled cut into 1/4-inch dice
- ☐ 4 cups water
- ☐ 0.8 pound yukon gold potatoes peeled cut into 1/4-inch dice

Equipment

- ☐ bowl
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Cook bacon in a 6- to 8-quart heavy pot over medium heat, stirring frequently, until crisp, about 5 minutes.
- ☐ Transfer with a slotted spoon to a small bowl.
- ☐ Pour off all but 2 tablespoons bacon fat.
- ☐ Add onion, carrots, celery, and bell pepper to pot and cook, stirring, until onion is softened, 10 to 12 minutes.
- ☐ Add Yukon gold and sweet potatoes, broth, and water, and simmer, covered, until potatoes are just tender, about 15 minutes.
- ☐ Add corn and cream and simmer, uncovered, 10 minutes.
- ☐ Remove pot from heat, then stir in cheese until melted. Season soup with salt and pepper and stir in bacon and basil.
- ☐ Garnish with fresh chives, scallions, or paprika (if desired).
- ☐ •Although any type of sharp Cheddar can be used, the orange-colored Cheddar will give you the best color for this soup. •Soup can be made 3 days ahead. Cool, uncovered, before chilling, covered. Reheat slowly over low heat, stirring, but be careful not to let it boil.

Nutrition Facts



PROTEIN 12.84% **FAT 63.34%** **CARBS 23.82%**

Properties

Glycemic Index:23.85, Glycemic Load:5.51, Inflammation Score:-10, Nutrition Score:13.984347820282%

Flavonoids

Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg

Nutrients (% of daily need)

Calories: 304.08kcal (15.2%), Fat: 22.05g (33.92%), Saturated Fat: 12.22g (76.38%), Carbohydrates: 18.66g (6.22%), Net Carbohydrates: 16.24g (5.91%), Sugar: 5.77g (6.41%), Cholesterol: 60.25mg (20.08%), Sodium: 468.41mg (20.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.06g (20.12%), Vitamin A: 6249.88IU (125%), Vitamin C: 18.18mg (22.03%), Phosphorus: 203.09mg (20.31%), Calcium: 194.66mg (19.47%), Vitamin B2: 0.23mg (13.39%), Selenium: 9.04µg (12.91%), Vitamin B6: 0.25mg (12.71%), Potassium: 434.14mg (12.4%), Vitamin B3: 2.24mg (11.18%), Manganese: 0.2mg (10.18%), Fiber: 2.42g (9.67%), Zinc: 1.35mg (8.99%), Vitamin B1: 0.13mg (8.83%), Magnesium: 35.33mg (8.83%), Folate: 34.14µg (8.54%), Vitamin K: 7.91µg (7.53%), Copper: 0.15mg (7.34%), Vitamin B5: 0.72mg (7.22%), Vitamin B12: 0.37µg (6.21%), Vitamin E: 0.76mg (5.09%), Iron: 0.82mg (4.57%), Vitamin D: 0.64µg (4.24%)