



Cheesy Mashed Potato Chicken Chowder

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



395 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups chicken broth reduced-sodium (from 32-oz carton)
- 15.3 oz corn sweet whole undrained canned
- 2 cups rotisserie chicken cut chopped
- 1 medium bell pepper red chopped
- 2 medium spring onion with tops (1/4 cup) sliced
- 2 tablespoons butter
- 2 cups milk
- 4.9 oz cheddar cheese mashed

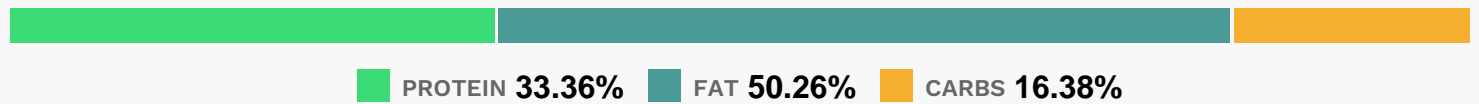
Equipment

- sauce pan

Directions

- In 3-quart saucepan over medium high heat, heat chicken broth, corn, chicken, bell pepper, green onions and butter to boiling. Cover; reduce heat. Simmer 5 minutes, stirring occasionally, until bell pepper is crisp-tender.
- Stir in milk and 1 pouch Cheese Sauce pouch until sauce is melted and thoroughly heated.
- Remove from heat; stir in 1 potato pouch until blended.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:1.92, Inflammation Score:-7, Nutrition Score:10.838260909785%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 394.59kcal (19.73%), Fat: 22.25g (34.22%), Saturated Fat: 8.76g (54.75%), Carbohydrates: 16.31g (5.44%), Net Carbohydrates: 15.76g (5.73%), Sugar: 5.05g (5.62%), Cholesterol: 108.62mg (36.21%), Sodium: 642.62mg (27.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.22g (66.45%), Vitamin C: 27.56mg (33.41%), Calcium: 274.7mg (27.47%), Phosphorus: 249.41mg (24.94%), Vitamin A: 1201.5IU (24.03%), Vitamin B2: 0.27mg (15.96%), Vitamin B12: 0.77µg (12.8%), Selenium: 8.15µg (11.64%), Vitamin K: 12.12µg (11.54%), Zinc: 1.53mg (10.22%), Potassium: 348.67mg (9.96%), Vitamin B3: 1.96mg (9.79%), Folate: 38.13µg (9.53%), Magnesium: 28.24mg (7.06%), Vitamin D: 1.03µg (6.89%), Vitamin B6: 0.13mg (6.73%), Vitamin B1: 0.08mg (5.13%), Vitamin B5: 0.47mg (4.7%), Vitamin E: 0.7mg (4.67%), Copper: 0.08mg (3.92%), Manganese: 0.08mg (3.81%), Iron: 0.52mg (2.89%), Fiber: 0.55g (2.19%)