



Chef Jack's Corn Chowder

 Vegetarian

READY IN



30 min.

SERVINGS



10

CALORIES



318 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup butter (2 sticks)
- ☐ 1 small carrots diced finely
- ☐ 1 small celery stalk diced
- ☐ 3 cups chicken stock see
- ☐ 3 cups corn kernels fresh white
- ☐ 0.5 cup flour all-purpose
- ☐ 1 clove garlic minced
- ☐ 2 cups half-and-half

- ☐ 10 servings kosher salt and pepper black freshly ground
- ☐ 1 pinch nutmeg freshly grated
- ☐ 1 small onion diced

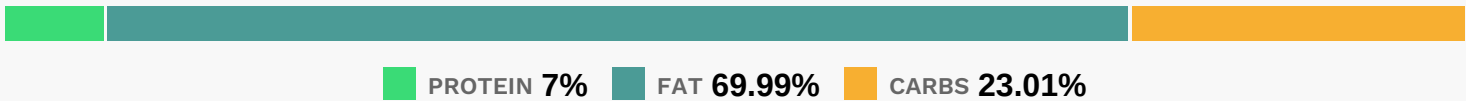
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Melt 1 stick of butter in a large saucepan over medium heat.
- ☐ Add the onion, carrot, celery, and garlic, and saute for 2 minutes.
- ☐ Add the flour and stir to make a roux. Cook until the roux is lightly browned; set aside to cool to room temperature.
- ☐ Meanwhile, combine the corn and chicken stock in another saucepan, and bring to a boil. Simmer for 10 minutes.
- ☐ Pour the boiling stock with the corn (a little at a time) into the saucepan with the roux, whisking briskly so it doesn't lump. Return the skillet to the heat and bring to a boil. The mixture should become very thick.
- ☐ In a small saucepan, gently heat the half-and-half; stir it into the thick corn mixture.
- ☐ Add the nutmeg and salt and pepper, to taste. Just before serving, cut the remaining stick of butter into large chunks.
- ☐ Add it to enrich the soup, stirring until the butter melts.

Nutrition Facts



Properties

Glycemic Index:36.28, Glycemic Load:3.82, Inflammation Score:-8, Nutrition Score:7.5743478484776%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 318.37kcal (15.92%), Fat: 25.55g (39.31%), Saturated Fat: 15.48g (96.78%), Carbohydrates: 18.9g (6.3%), Net Carbohydrates: 17.54g (6.38%), Sugar: 6.46g (7.18%), Cholesterol: 67.9mg (22.64%), Sodium: 289.23mg (12.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.75g (11.5%), Vitamin A: 1660.03IU (33.2%), Vitamin B2: 0.22mg (13.13%), Phosphorus: 121.04mg (12.1%), Vitamin B3: 2.4mg (12.01%), Vitamin B1: 0.17mg (11%), Folate: 37.97µg (9.49%), Potassium: 299.22mg (8.55%), Selenium: 5.83µg (8.33%), Manganese: 0.15mg (7.56%), Magnesium: 27.42mg (6.85%), Vitamin B6: 0.13mg (6.59%), Calcium: 65.79mg (6.58%), Fiber: 1.36g (5.43%), Vitamin C: 4.46mg (5.41%), Vitamin B5: 0.53mg (5.31%), Vitamin E: 0.74mg (4.93%), Copper: 0.08mg (4.2%), Iron: 0.74mg (4.14%), Zinc: 0.59mg (3.9%), Vitamin K: 3.49µg (3.32%), Vitamin B12: 0.13µg (2.18%)