



Chicken and Corn Chowder

READY IN



45 min.

SERVINGS



10

CALORIES



500 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup flour
- ☐ 10 slices bacon chopped
- ☐ 2 tablespoons butter ()
- ☐ 4 cups butternut squash peeled seeded (cut from one)
- ☐ 32 ounce corn kernels frozen
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1.5 tablespoons thyme sprigs fresh chopped
- ☐ 2 cups spring onion chopped
- ☐ 9 cups chicken broth

- ☐ 3 medium onion chopped
- ☐ 2 cups bell pepper red chopped (2 large)
- ☐ 4 cups roasted chicken diced
- ☐ 1.5 pounds baking potatoes peeled cut into 1/2-inch cubes
- ☐ 1 cup whipping cream

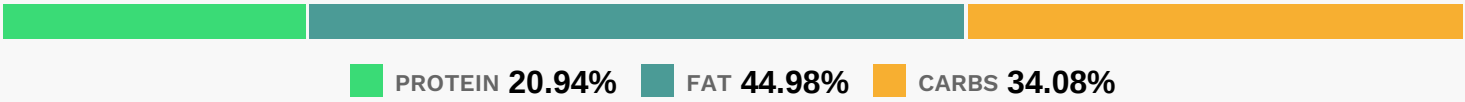
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ ladle
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Cook bacon in large pot over medium-high heat until crisp. Using slotted spoon, transfer bacon to paper towels to drain.
- ☐ Pour off all but 1/4 cup drippings from pot.
- ☐ Add butter to pot; melt over medium-high heat.
- ☐ Add onions and 1 cup bell peppers. Sauté until onions are soft, about 10 minutes.
- ☐ Add flour; stir 2 minutes.
- ☐ Mix in broth, then squash, potatoes, and thyme; bring to boil. Reduce heat to medium-low; simmer uncovered until squash and potatoes are tender, about 12 minutes.
- ☐ Add corn, cream, and 1 cup bell peppers. Simmer until corn is tender, about 10 minutes. (Can be made 1 day ahead. Cool. Chill uncovered until cold, then cover and keep chilled. Bring to simmer before continuing.)
- ☐ Add chicken, 1 cup green onions, and 1/2 cup cilantro; simmer 5 minutes. Season with salt and pepper.
- ☐ Ladle chowder into bowls; sprinkle with remaining 1 cup green onions and 2 tablespoons cilantro.

Nutrition Facts



Properties

Glycemic Index:37.78, Glycemic Load:12.81, Inflammation Score:-10, Nutrition Score:28.491304273191%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.33mg, Quercetin: 9.33mg, Quercetin: 9.33mg, Quercetin: 9.33mg

Nutrients (% of daily need)

Calories: 499.94kcal (25%), Fat: 26.01g (40.02%), Saturated Fat: 11.53g (72.07%), Carbohydrates: 44.34g (14.78%), Net Carbohydrates: 38.56g (14.02%), Sugar: 9.79g (10.87%), Cholesterol: 89.43mg (29.81%), Sodium: 473.64mg (20.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.25g (54.49%), Vitamin A: 7682.2IU (153.64%), Vitamin C: 63.48mg (76.94%), Vitamin B3: 11.16mg (55.78%), Vitamin K: 48.28µg (45.98%), Vitamin B6: 0.82mg (40.85%), Phosphorus: 344.62mg (34.46%), Potassium: 1158.5mg (33.1%), Selenium: 21.42µg (30.6%), Folate: 101.51µg (25.38%), Manganese: 0.49mg (24.31%), Vitamin B2: 0.4mg (23.29%), Fiber: 5.78g (23.12%), Vitamin B1: 0.31mg (20.9%), Magnesium: 78.18mg (19.54%), Iron: 3.3mg (18.31%), Copper: 0.34mg (16.96%), Vitamin B5: 1.65mg (16.54%), Zinc: 2.21mg (14.72%), Vitamin E: 1.88mg (12.55%), Calcium: 100.48mg (10.05%), Vitamin B12: 0.53µg (8.79%), Vitamin D: 0.47µg (3.13%)