



Chicken and Corn Summer Chowder

READY IN



50 min.

SERVINGS



6

CALORIES



468 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado pitted peeled chopped
- ☐ 2 slices bacon chopped
- ☐ 6 servings pepper black freshly ground
- ☐ 1 cup cilantro leaves loosely packed
- ☐ 3 cups kernels cut from 3 ears corn
- ☐ 3 tablespoons flour
- ☐ 0.3 cup heavy whipping cream
- ☐ 2 limes cut into wedges
- ☐ 6 cups chicken broth homemade reduced-sodium

- ☐ 1 onion chopped
- ☐ 4 cups meat from a rotisserie chicken shredded cooked (from a)
- ☐ 2 medium tomatoes seeded chopped
- ☐ 1 pound yukon gold potatoes peeled chopped

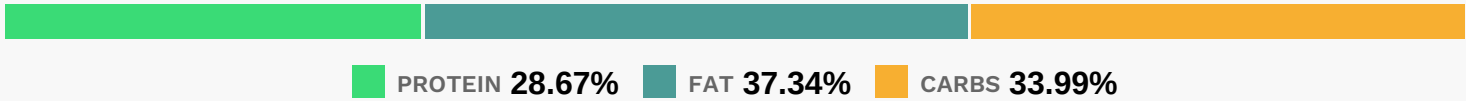
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ In a large, heavy pot over medium-high heat, cook bacon until fat renders and meat starts to brown.
- ☐ Add onion, reduce heat to medium, and cook until soft, about 3 minutes.
- ☐ Sprinkle with flour and cook, stirring, until flour smells cooked (you should get a whiff of baked piecrust) but hasn't started to brown, about 3 minutes.
- ☐ Add potatoes and broth. Bring to a boil. Reduce heat to keep mixture simmering and cook until potatoes are barely tender, about 5 minutes.
- ☐ Add chicken and corn and bring to a boil. Reduce heat to low and stir in cream to taste.
- ☐ Heat through, about 2 minutes.
- ☐ Serve in soup bowls, garnished with tomatoes, avocado, cilantro, a squirt or two of lime juice, and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:59.96, Glycemic Load:13.35, Inflammation Score:-8, Nutrition Score:24.316956374956%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Hesperetin: 9.6mg, Hesperetin: 9.6mg,

Hesperetin: 9.6mg, Hesperetin: 9.6mg Naringenin: 1.04mg, Naringenin: 1.04mg, Naringenin: 1.04mg, Naringenin: 1.04mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.99mg, Quercetin: 5.99mg, Quercetin: 5.99mg, Quercetin: 5.99mg

Nutrients (% of daily need)

Calories: 468.01kcal (23.4%), Fat: 20.26g (31.18%), Saturated Fat: 6.37g (39.8%), Carbohydrates: 41.51g (13.84%), Net Carbohydrates: 34.52g (12.55%), Sugar: 8.21g (9.13%), Cholesterol: 86.05mg (28.68%), Sodium: 214.33mg (9.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.01g (70.02%), Vitamin B3: 14.11mg (70.57%), Vitamin C: 37.43mg (45.36%), Vitamin B6: 0.88mg (43.8%), Phosphorus: 416.01mg (41.6%), Selenium: 27.01µg (38.58%), Potassium: 1283.08mg (36.66%), Fiber: 6.99g (27.95%), Folate: 94.7µg (23.67%), Vitamin B5: 2.32mg (23.23%), Vitamin B1: 0.34mg (22.47%), Vitamin B2: 0.38mg (22.38%), Magnesium: 86.83mg (21.71%), Copper: 0.42mg (21.04%), Manganese: 0.42mg (21%), Vitamin K: 20.89µg (19.9%), Iron: 3.33mg (18.5%), Vitamin A: 906.31IU (18.13%), Zinc: 2.7mg (17.99%), Vitamin B12: 0.56µg (9.32%), Vitamin E: 1.22mg (8.12%), Calcium: 60.57mg (6.06%), Vitamin D: 0.19µg (1.25%)