



Chicken Cordon Bleu Chowder

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



464 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 37 oz regular corn hearty traditional canned
- 1 cup roasted chicken cubed cooked
- 1 cup finely-chopped ham diced cooked
- 4 oz swiss cheese shredded
- 1 tablespoon chives fresh chopped

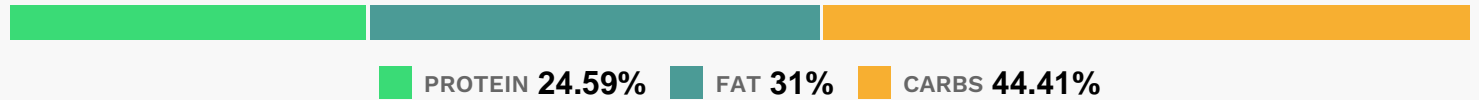
Equipment

- sauce pan

Directions

- In 3-quart saucepan, h
- Heat chowder, chicken and ham over medium-high heat 5 minutes, stirring occasionally.
- Slowly stir in cheese. Cook about 2 minutes longer, stirring frequently, until cheese is melted.
- Serve topped with chives.

Nutrition Facts



Properties

Glycemic Index:31.88, Glycemic Load:27.16, Inflammation Score:-8, Nutrition Score:21.266087127768%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 463.92kcal (23.2%), Fat: 17.2g (26.46%), Saturated Fat: 6.79g (42.45%), Carbohydrates: 55.46g (18.49%), Net Carbohydrates: 49.15g (17.87%), Sugar: 11.92g (13.24%), Cholesterol: 73.24mg (24.41%), Sodium: 407.63mg (17.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.7g (61.39%), Phosphorus: 514.77mg (51.48%), Vitamin B3: 8.2mg (40.99%), Selenium: 23.27µg (33.24%), Vitamin B6: 0.6mg (30.06%), Vitamin B1: 0.42mg (27.93%), Vitamin B5: 2.79mg (27.88%), Zinc: 4.03mg (26.87%), Calcium: 266.76mg (26.68%), Vitamin C: 21.44mg (25.99%), Fiber: 6.31g (25.25%), Manganese: 0.46mg (23.07%), Magnesium: 91.13mg (22.78%), Vitamin B12: 1.36µg (22.6%), Potassium: 753.55mg (21.53%), Vitamin B2: 0.35mg (20.88%), Vitamin A: 971.97IU (19.44%), Folate: 66.25µg (16.56%), Iron: 1.89mg (10.51%), Copper: 0.2mg (9.76%), Vitamin K: 3.04µg (2.9%), Vitamin E: 0.41mg (2.72%)