



Chicken Corn Chowder

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10.8 ounce campbell's® condensed cream of celery soup fat free 98% canned (Regular or)
- 4 slices bacon crumbled cooked
- 1 cup meat from a rotisserie chicken cubed cooked
- 4 servings green onion sliced
- 10.8 ounce milk canned
- 0.5 cup picante sauce pace®
- 4 servings cheddar cheese shredded
- 8 ounce kernel corn whole drained canned

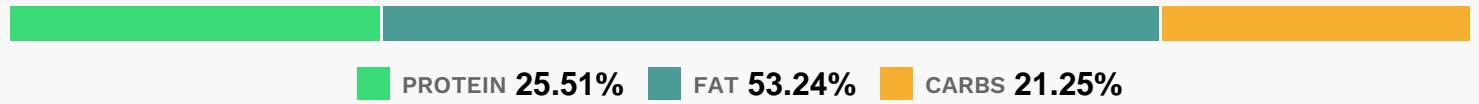
Equipment

sauce pan

Directions

- Heat the soup, milk, picante sauce, corn, chicken and bacon in a 3-quart saucepan over medium heat until the mixture is hot and bubbling, stirring occasionally.
- Sprinkle with the cheese and onion.
- Drizzle each serving with additional picante sauce.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:1.64, Inflammation Score:-6, Nutrition Score:15.602174022923%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 372.16kcal (18.61%), Fat: 22.05g (33.92%), Saturated Fat: 9.76g (60.98%), Carbohydrates: 19.8g (6.6%), Net Carbohydrates: 18.6g (6.76%), Sugar: 6.17g (6.86%), Cholesterol: 81.69mg (27.23%), Sodium: 1085.52mg (47.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.77g (47.55%), Phosphorus: 371.31mg (37.13%), Calcium: 349.83mg (34.98%), Selenium: 24.3µg (34.72%), Vitamin K: 27.84µg (26.51%), Vitamin B3: 4.73mg (23.67%), Vitamin B2: 0.36mg (21.23%), Vitamin A: 872.01IU (17.44%), Zinc: 2.53mg (16.86%), Vitamin B6: 0.32mg (16.1%), Vitamin B5: 1.61mg (16.09%), Vitamin B12: 0.95µg (15.81%), Potassium: 498.3mg (14.24%), Manganese: 0.24mg (12.21%), Vitamin E: 1.79mg (11.9%), Magnesium: 43.19mg (10.8%), Vitamin B1: 0.16mg (10.57%), Copper: 0.17mg (8.44%), Folate: 31.16µg (7.79%), Iron: 1.28mg (7.1%), Vitamin D: 1.05µg (7%), Fiber: 1.2g (4.79%), Vitamin C: 2.86mg (3.47%)