



Chicken Corn Chowder

READY IN



45 min.

SERVINGS



6

CALORIES



570 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 29 ounce chicken broth canned
- ☐ 10.8 ounce cream of chicken soup canned
- ☐ 2 cups chicken breast cubed cooked
- ☐ 0.5 teaspoon basil dried
- ☐ 0.5 teaspoon rosemary dried
- ☐ 2 tablespoons flour all-purpose
- ☐ 8 ounce mushrooms fresh sliced
- ☐ 1 cup milk

- ☐ 1 medium onion chopped
- ☐ 0.5 cup orzo pasta uncooked
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 16 ounce shoepeg corn white frozen

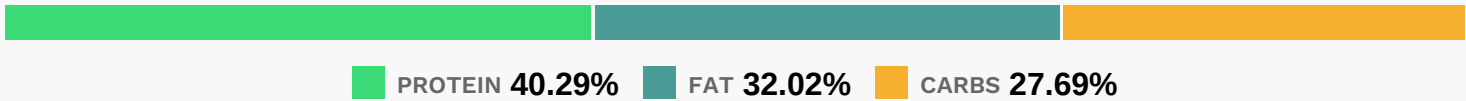
Equipment

- ☐ bowl
- ☐ dutch oven

Directions

- ☐ Melt butter in a large Dutch oven over medium-high heat; add mushrooms and onion, and saut 5 minutes or until tender.
- ☐ Add chicken broth and next 9 ingredients; simmer 10 minutes or until orzo is tender.
- ☐ Stir together milk and flour in a small bowl; gradually stir into chowder, and simmer 5 minutes.

Nutrition Facts



Properties

Glycemic Index:71.52, Glycemic Load:9.49, Inflammation Score:-6, Nutrition Score:22.847825838172%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 570.18kcal (28.51%), Fat: 20.32g (31.26%), Saturated Fat: 5.78g (36.13%), Carbohydrates: 39.53g (13.18%), Net Carbohydrates: 36.26g (13.18%), Sugar: 11.94g (13.27%), Cholesterol: 117.12mg (39.04%), Sodium: 1288.61mg (56.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.53g (115.05%), Selenium: 52.81µg (75.45%), Vitamin B3: 12.94mg (64.71%), Phosphorus: 507.6mg (50.76%), Vitamin B6: 0.74mg (37.16%), Zinc: 5.04mg

(33.63%), Vitamin B12: 1.77µg (29.43%), Vitamin B2: 0.49mg (28.77%), Potassium: 788.57mg (22.53%), Iron: 3.82mg (21.24%), Magnesium: 83.3mg (20.82%), Manganese: 0.41mg (20.46%), Vitamin B5: 1.92mg (19.24%), Copper: 0.37mg (18.56%), Vitamin B1: 0.2mg (13.37%), Fiber: 3.28g (13.1%), Vitamin A: 497.79IU (9.96%), Calcium: 96.73mg (9.67%), Folate: 37.81µg (9.45%), Vitamin C: 6.9mg (8.36%), Vitamin K: 7.59µg (7.23%), Vitamin E: 1.03mg (6.89%), Vitamin D: 0.71µg (4.71%)