



Chicken Succotash Chowder

READY IN



25 min.

SERVINGS



6

CALORIES



210 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1 tablespoon butter
- ☐ 14.8 ounce regular corn cream-style canned
- ☐ 0.5 cup celery finely chopped
- ☐ 2 cups chicken breast diced frozen thawed cooked (such as Tyson's)
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 14 ounce less-sodium chicken broth fat-free canned
- ☐ 1.5 tablespoons flour all-purpose
- ☐ 4 teaspoons parsley fresh chopped

- ☐ 1 cup baby lima beans frozen thawed
- ☐ 0.3 cup bell pepper green finely chopped
- ☐ 1 cup milk 1% low-fat
- ☐ 0.3 teaspoon salt

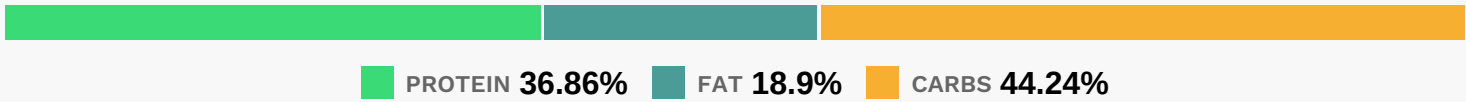
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Melt butter in a Dutch oven over medium heat.
- ☐ Add celery and green bell pepper; cook, stirring occasionally, 5 minutes or until tender.
- ☐ Combine flour and 2 tablespoons chicken broth; stir with a whisk until smooth.
- ☐ Add flour mixture to remaining broth; stir well.
- ☐ Add broth mixture, corn, and next 6 ingredients to pan; stir well. Bring to a boil; cover, reduce heat, and simmer 10 minutes, stirring occasionally. Ladle chowder into bowls.
- ☐ Sprinkle each serving evenly with parsley.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:1.1, Inflammation Score:-5, Nutrition Score:11.842608679896%

Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 209.57kcal (10.48%), Fat: 4.51g (6.94%), Saturated Fat: 1.98g (12.38%), Carbohydrates: 23.77g (7.92%), Net Carbohydrates: 20.92g (7.61%), Sugar: 4.62g (5.13%), Cholesterol: 46.65mg (15.55%), Sodium: 635.54mg (27.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.81g (39.61%), Vitamin B3: 7.95mg (39.72%), Selenium: 16.71µg (23.88%), Phosphorus: 224.69mg (22.47%), Vitamin B6: 0.43mg (21.34%), Manganese: 0.3mg (14.97%), Vitamin C: 12.17mg (14.75%), Potassium: 459.34mg (13.12%), Folate: 48.63µg (12.16%), Magnesium: 46.93mg (11.73%), Vitamin B2: 0.2mg (11.6%), Fiber: 2.85g (11.38%), Iron: 1.69mg (9.4%), Vitamin B12: 0.53µg (8.91%), Vitamin B5: 0.89mg (8.89%), Vitamin B1: 0.13mg (8.63%), Zinc: 1.23mg (8.23%), Calcium: 77.81mg (7.78%), Vitamin A: 325.87IU (6.52%), Copper: 0.12mg (5.98%), Vitamin K: 6.02µg (5.73%), Vitamin D: 0.48µg (3.2%), Vitamin E: 0.3mg (1.99%)