



Chile-Cheese Chowder

READY IN



45 min.

SERVINGS



10

CALORIES



190 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 slices bacon
- ☐ 1.5 pounds baking potato diced peeled
- ☐ 1 cup carrots chopped
- ☐ 32 ounce less-sodium chicken broth fat-free canned
- ☐ 0.3 cup flour all-purpose
- ☐ 3 garlic cloves minced
- ☐ 0.7 cup green onions sliced
- ☐ 0.5 teaspoon ground cumin
- ☐ 2 tablespoons jalapeño peppers minced seeded

- ☐ 2.5 cups milk 1% low-fat
- ☐ 3 ounces monterrey jack cheese shredded with jalapeño peppers
- ☐ 1 cup onion chopped
- ☐ 1 cup poblano chiles seeded chopped (3 large)
- ☐ 0.5 teaspoon salt
- ☐ 2 ounces sharp cheddar cheese shredded reduced-fat

Equipment

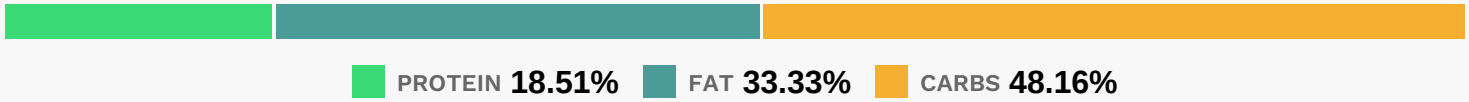
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ knife
- ☐ whisk
- ☐ measuring cup
- ☐ dutch oven

Directions

- ☐ Cook the bacon in a Dutch oven over medium-high heat until crisp.
- ☐ Remove bacon from pan, reserving 1 tablespoon drippings in pan. Crumble bacon; set aside.
- ☐ Add carrot and the next 5 ingredients (carrot through garlic) to the drippings in pan; saut 10 minutes or until browned. Stir in the broth, scraping pan to loosen browned bits.
- ☐ Add potato and salt. Bring to a boil; cover, reduce heat, and simmer 25 minutes or until potato is tender.
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and milk in a small bowl, stirring with a whisk.
- ☐ Add to pan. Cook over medium heat until thick (about 12 minutes), stirring frequently.
- ☐ Remove from heat.

- ☐ Add cheeses, stirring until cheeses melt. Ladle into soup bowls; top with green onions and crumbled bacon.
- ☐ Note: This soup will freeze well for up to two months.
- ☐ Pour into an airtight container, leaving enough room for expansion (usually an inch or two at the top). To reheat, thaw completely in the refrigerator; then place contents in a saucepan over low heat, adding some liquid if necessary.

Nutrition Facts



Properties

Glycemic Index:39.66, Glycemic Load:13.03, Inflammation Score:-9, Nutrition Score:13.352173939995%

Flavonoids

Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg

Nutrients (% of daily need)

Calories: 190.47kcal (9.52%), Fat: 7.18g (11.05%), Saturated Fat: 3.68g (23.03%), Carbohydrates: 23.35g (7.78%), Net Carbohydrates: 21.19g (7.7%), Sugar: 5.49g (6.1%), Cholesterol: 19.09mg (6.36%), Sodium: 642.44mg (27.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.98g (17.96%), Vitamin A: 2534.14IU (50.68%), Vitamin C: 22.9mg (27.75%), Calcium: 208.38mg (20.84%), Vitamin B6: 0.41mg (20.27%), Phosphorus: 199.96mg (20%), Vitamin K: 18.88µg (17.98%), Potassium: 550.83mg (15.74%), Vitamin B2: 0.23mg (13.59%), Selenium: 8.92µg (12.74%), Manganese: 0.24mg (11.92%), Vitamin B1: 0.18mg (11.68%), Vitamin B12: 0.69µg (11.57%), Vitamin B3: 2.01mg (10.06%), Magnesium: 35.91mg (8.98%), Fiber: 2.17g (8.67%), Folate: 34.03µg (8.51%), Zinc: 1.14mg (7.58%), Iron: 1.31mg (7.25%), Vitamin B5: 0.7mg (7%), Copper: 0.13mg (6.64%), Vitamin D: 0.75µg (5.01%), Vitamin E: 0.4mg (2.64%)