



## Classic Slow Cooker Corn Chowder

 Gluten Free

READY IN



255 min.

SERVINGS



8

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons butter
- 29.5 ounce regular corn cream-style canned
- 8 ounce chiles green chopped canned
- 1 teaspoon chili powder
- 21.5 ounce cream of mushroom soup canned
- 2 cups ham cubed cooked
- 2 teaspoons parsley dried
- 2 cups regular corn frozen

- 8 servings salt and ground pepper black to taste
- 2 cups hash brown potatoes shredded frozen
- 2 tablespoons hot sauce
- 3 cups milk
- 1 large onion chopped

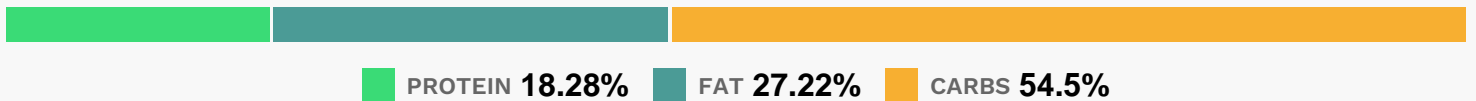
## Equipment

- slow cooker

## Directions

- Stir milk, cream-style corn, cream of mushroom soup, chopped green chiles, frozen corn, hash brown potatoes, ham, onion, butter, hot sauce, parsley, and chili powder in a slow cooker. Season with salt and black pepper. Cover and cook on High for 4 hours or on Low and for 6 hours.

## Nutrition Facts



## Properties

Glycemic Index:22.25, Glycemic Load:4.68, Inflammation Score:-6, Nutrition Score:16.755217308583%

## Flavonoids

Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg 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: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

## Nutrients (% of daily need)

Calories: 342.15kcal (17.11%), Fat: 10.98g (16.89%), Saturated Fat: 5.12g (32.03%), Carbohydrates: 49.47g (16.49%), Net Carbohydrates: 45.24g (16.45%), Sugar: 8.64g (9.6%), Cholesterol: 42.94mg (14.31%), Sodium: 1413.63mg (61.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.59g (33.18%), Vitamin C: 31.69mg (38.41%), Phosphorus: 321.65mg (32.16%), Manganese: 0.5mg (25.18%), Vitamin B1: 0.35mg (23.22%), Vitamin B3: 4.6mg (22.99%), Potassium: 795.42mg (22.73%), Folate: 89.04µg (22.26%), Vitamin B2: 0.36mg (21.11%), Vitamin B6: 0.41mg (20.57%), Zinc: 2.87mg (19.16%), Vitamin B12: 1.02µg (17%), Fiber: 4.23g (16.91%), Copper: 0.33mg (16.26%),

Magnesium: 62.88mg (15.72%), Calcium: 144.5mg (14.45%), Iron: 2.46mg (13.65%), Vitamin B5: 1.27mg (12.69%), Selenium: 8.51µg (12.16%), Vitamin A: 431.22IU (8.62%), Vitamin D: 1.01µg (6.71%), Vitamin E: 0.31mg (2.04%), Vitamin K: 1.44µg (1.37%)