



Colorful Corn Chowder

 Vegetarian  Gluten Free



READY IN

ready

35 min.

SERVINGS

servings

10

CALORIES

calories

191 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 carrots chopped
- ☐ 20 ounce corn kernels frozen thawed
- ☐ 1 bell pepper green chopped
- ☐ 0.3 teaspoon ground pepper
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 cup half-and-half
- ☐ 2 cups milk

- ☐ 1 large onion chopped
- ☐ 1.5 cups potato flakes dry
- ☐ 1 bell pepper red chopped
- ☐ 2 teaspoons salt
- ☐ 0.5 cup cheddar cheese shredded
- ☐ 3 cups water

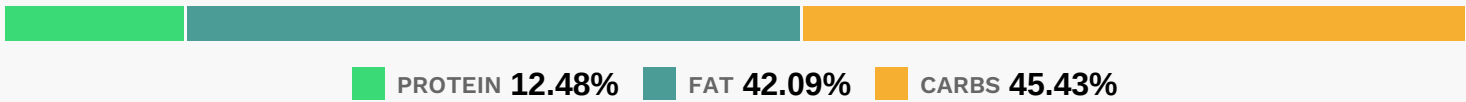
Equipment

- ☐ sauce pan

Directions

- ☐ In a large saucepan, melt butter over medium high heat. Cook onion, red and green bell peppers, and carrots until tender.
- ☐ Stir in thawed corn, potato flakes, salt, ground peppers, and 3 cups water. Bring to boil. Reduce heat. Cover, and simmer for 10 minutes.
- ☐ Stir in milk and half and half. Warm only. Do not boil.
- ☐ Serve sprinkled with grated cheese.

Nutrition Facts



Properties

Glycemic Index:29.48, Glycemic Load:1.8, Inflammation Score:-9, Nutrition Score:11.505652241085%

Flavonoids

Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg

Nutrients (% of daily need)

Calories: 190.72kcal (9.54%), Fat: 9.38g (14.42%), Saturated Fat: 5.31g (33.21%), Carbohydrates: 22.77g (7.59%), Net Carbohydrates: 19.97g (7.26%), Sugar: 8.19g (9.1%), Cholesterol: 26mg (8.67%), Sodium: 692.37mg (30.1%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 6.26g (12.51%), Vitamin A: 2793.94IU (55.88%), Vitamin C: 35.08mg (42.52%), Phosphorus: 153.27mg (15.33%), Calcium: 142.88mg (14.29%), Vitamin B2: 0.23mg (13.27%), Vitamin B1: 0.17mg (11.64%), Vitamin B6: 0.23mg (11.58%), Fiber: 2.8g (11.21%), Potassium: 392.47mg (11.21%), Folate: 39.01µg (9.75%), Manganese: 0.16mg (7.76%), Vitamin B5: 0.77mg (7.69%), Vitamin B3: 1.53mg (7.64%), Magnesium: 29.63mg (7.41%), Selenium: 4.98µg (7.12%), Vitamin B12: 0.37µg (6.24%), Zinc: 0.86mg (5.73%), Vitamin K: 4.83µg (4.6%), Vitamin E: 0.58mg (3.85%), Vitamin D: 0.57µg (3.8%), Copper: 0.07mg (3.58%), Iron: 0.46mg (2.53%)