



Corn and Cheddar Chowder

 Vegetarian

READY IN

ready

60 min.

SERVINGS

servings

6

CALORIES

calories

375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 3 tablespoons butter
- ☐ 2 cups chicken stock see
- ☐ 1.5 cups corn kernels frozen
- ☐ 0.5 teaspoon cumin
- ☐ 0.3 teaspoon sage dried
- ☐ 0.3 cup cooking wine dry white
- ☐ 3 tablespoons flour all-purpose

- ☐ 2 tablespoons chives fresh chopped
- ☐ 1.5 cups milk
- ☐ 1 onion chopped
- ☐ 2 tablespoons parsley chopped
- ☐ 1 large potatoes diced peeled
- ☐ 6 servings salt and pepper to taste
- ☐ 2 cups cheddar cheese shredded

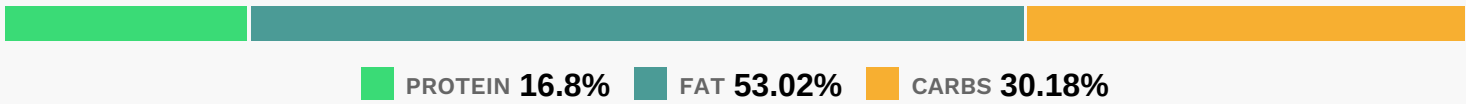
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In a large saucepan over medium high heat, melt the butter and stir in the onion, potato, bay leaf, cumin, and sage.
- ☐ Saute about 5 minutes, until the onion is tender.
- ☐ Mix in the flour, coating the onion and potato.
- ☐ Pour in the chicken stock and milk. Bring to a boil, whisking constantly until smooth. Reduce heat, and simmer 30 minutes, stirring frequently, until the potato is tender.
- ☐ Mix the corn, parsley, chives, and wine into the saucepan, and cook about 5 minutes, until heated through.
- ☐ Remove the bay leaf, and stir in the Cheddar cheese until melted and blended. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:66.29, Glycemic Load:11.71, Inflammation Score:-7, Nutrition Score:14.833913087845%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg

Nutrients (% of daily need)

Calories: 374.75kcal (18.74%), Fat: 22.06g (33.94%), Saturated Fat: 12.36g (77.24%), Carbohydrates: 28.25g (9.42%), Net Carbohydrates: 25.58g (9.3%), Sugar: 7.54g (8.38%), Cholesterol: 62.44mg (20.81%), Sodium: 712.83mg (30.99%), Alcohol: 1.03g (100%), Alcohol %: 0.4% (100%), Protein: 15.73g (31.47%), Calcium: 364.34mg (36.43%), Phosphorus: 324.69mg (32.47%), Vitamin K: 27.11µg (25.82%), Vitamin B2: 0.4mg (23.82%), Selenium: 15.47µg (22.1%), Vitamin C: 16.66mg (20.2%), Vitamin B6: 0.34mg (17.06%), Vitamin A: 832.86IU (16.66%), Potassium: 570.6mg (16.3%), Zinc: 2.16mg (14.39%), Vitamin B3: 2.69mg (13.47%), Folate: 50.71µg (12.68%), Vitamin B12: 0.74µg (12.34%), Vitamin B1: 0.18mg (11.95%), Magnesium: 45.7mg (11.43%), Manganese: 0.22mg (11.07%), Fiber: 2.68g (10.71%), Copper: 0.15mg (7.72%), Vitamin B5: 0.77mg (7.7%), Iron: 1.28mg (7.1%), Vitamin D: 0.9µg (5.98%), Vitamin E: 0.57mg (3.78%)