



Corn and Ham Chowder

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



618 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 stalks celery thinly sliced
- ☐ 6 ears corn
- ☐ 1 large clove garlic minced
- ☐ 8 ounce ham steak diced
- ☐ 0.7 cup heavy cream
- ☐ 4 servings kosher salt
- ☐ 1 large onion diced
- ☐ 2 large russet potatoes peeled cut into 1-inch cubes

- ☐ 6 scallions chopped
- ☐ 4 sprigs thyme leaves
- ☐ 5 tablespoons butter unsalted

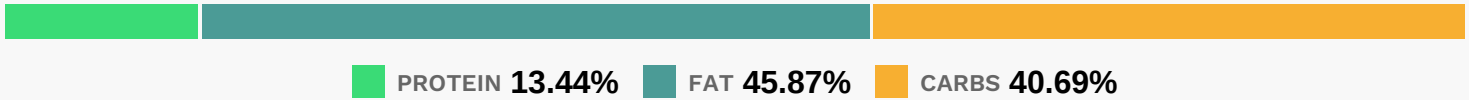
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ pot

Directions

- ☐ Slice the corn kernels off the cob and reserve the cobs.
- ☐ Heat 4 tablespoons butter in a large pot over high heat.
- ☐ Add the thyme, onion, celery, garlic, 1 teaspoon salt and all but 1/2 cup each corn kernels and ham; cook 1 minute.
- ☐ Add the potatoes, corn cobs and 5 cups water. Cover and cook until the potatoes are very tender, 20 to 25 minutes.
- ☐ Meanwhile, heat the remaining 1 tablespoon butter in a skillet over medium-high heat.
- ☐ Add the reserved corn kernels and ham and cook until the ham is browned, about 6 minutes.
- ☐ Add the scallions and cook until softened, about 1 minute.
- ☐ Remove the corn cobs from the soup and discard. Stir in the heavy cream and cook until heated through, about 1 minute. Ladle the soup into bowls and top with the corn-ham mixture.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:62.69, Glycemic Load:27.52, Inflammation Score:-10, Nutrition Score:27.940869663073%

Flavonoids

Apigenin: 0.88mg, Apigenin: 0.88mg, Apigenin: 0.88mg, Apigenin: 0.88mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 9.66mg, Quercetin: 9.66mg, Quercetin: 9.66mg, Quercetin: 9.66mg

Nutrients (% of daily need)

Calories: 618.46kcal (30.92%), Fat: 33.04g (50.83%), Saturated Fat: 19.46g (121.6%), Carbohydrates: 65.93g (21.98%), Net Carbohydrates: 59.09g (21.49%), Sugar: 13.18g (14.65%), Cholesterol: 107.96mg (35.99%), Sodium: 984.01mg (42.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.78g (43.56%), Vitamin B1: 0.86mg (57.22%), Vitamin C: 47.17mg (57.18%), Vitamin B6: 1.08mg (53.86%), Vitamin K: 52.43µg (49.94%), Potassium: 1551.59mg (44.33%), Phosphorus: 423.19mg (42.32%), Vitamin B3: 7.47mg (37.35%), Manganese: 0.67mg (33.5%), Vitamin A: 1637.21IU (32.74%), Magnesium: 118.73mg (29.68%), Folate: 116.83µg (29.21%), Fiber: 6.84g (27.36%), Vitamin B2: 0.38mg (22.13%), Vitamin B5: 2.14mg (21.37%), Iron: 3.49mg (19.41%), Copper: 0.36mg (18.17%), Selenium: 12.22µg (17.46%), Zinc: 2.61mg (17.42%), Calcium: 98.45mg (9.84%), Vitamin B12: 0.54µg (9.02%), Vitamin E: 1.07mg (7.15%), Vitamin D: 0.9µg (5.98%)