



Corn-and-Poblano Chowder

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



206 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce cream cheese fat-free softened
- ☐ 20 ounce corn frozen thawed
- ☐ 1.5 cups chicken broth fat-free reduced-sodium
- ☐ 1.5 cups milk fat-free 1% low-fat
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.1 teaspoon ground pepper red
- ☐ 4 servings garnishes: jalapeño pepper strips black thinly sliced
- ☐ 1 large poblano pepper cut in half lengthwise

☐ 0.3 teaspoon salt

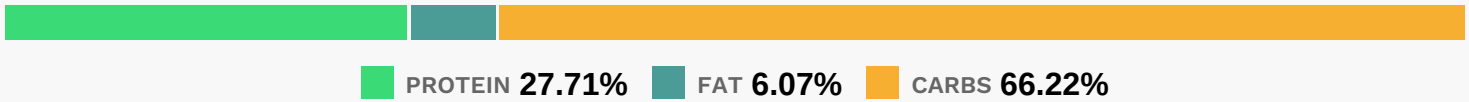
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Broil poblano pepper halves, skin side up, on an aluminum foil-lined baking sheet 6 inches from heat 5 to 6 minutes or until pepper looks blistered. Fold aluminum foil over pepper to seal, and let stand 10 minutes. Peel pepper; remove and discard seeds. Coarsely chop pepper; set aside.
- ☐ Bring creamed corn and next 4 ingredients to a boil in a 3-quart saucepan over medium-high heat, stirring mixture constantly. Reduce heat to low, and simmer, stirring often, 10 minutes.
- ☐ Stir 1 1/2 cups chicken broth into mixture.
- ☐ Whisk in softened cream cheese and chopped poblano pepper; cook, whisking often, 5 minutes or until cream cheese melts and mixture is thoroughly heated.
- ☐ Whisk in additional chicken broth, if necessary, to reach desired consistency; garnish, if desired.
- ☐ Serve chowder immediately.

Nutrition Facts



Properties

Glycemic Index:28.06, Glycemic Load:1.65, Inflammation Score:-7, Nutrition Score:15.416086808495%

Flavonoids

Luteolin: 1.96mg, Luteolin: 1.96mg, Luteolin: 1.96mg, Luteolin: 1.96mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 205.83kcal (10.29%), Fat: 1.5g (2.3%), Saturated Fat: 0.53g (3.33%), Carbohydrates: 36.77g (12.26%), Net Carbohydrates: 34.27g (12.46%), Sugar: 13.55g (15.05%), Cholesterol: 9.56mg (3.19%), Sodium: 1300.69mg (56.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.38g (30.77%), Vitamin C: 41.8mg (50.66%), Phosphorus: 486.15mg (48.62%), Calcium: 333.69mg (33.37%), Vitamin B2: 0.38mg (22.22%), Folate: 88.34µg (22.08%), Vitamin B12: 1.24µg (20.7%), Potassium: 608.01mg (17.37%), Vitamin B6: 0.29mg (14.36%), Zinc: 2.1mg (13.98%), Magnesium: 53.48mg (13.37%), Vitamin B5: 1.21mg (12.1%), Vitamin B3: 2.31mg (11.57%), Vitamin A: 528.61IU (10.57%), Selenium: 7.08µg (10.11%), Fiber: 2.5g (9.99%), Vitamin B1: 0.14mg (9.3%), Manganese: 0.18mg (8.82%), Copper: 0.14mg (7.09%), Vitamin D: 1.01µg (6.74%), Iron: 1mg (5.56%), Vitamin K: 3.67µg (3.49%), Vitamin E: 0.37mg (2.5%)