



Corn and Potato Chowder



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



304 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound baking potatoes cut into 1/2-inch pieces
- ☐ 1.5 cups prechopped bell pepper green
- ☐ 2 cups corn kernels frozen
- ☐ 1 cup green onions divided chopped (1 bunch)
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 cup half-and-half
- ☐ 0.3 cup parsley chopped
- ☐ 0.8 teaspoon salt

- ☐ 1 teaspoon seafood seasoning (such as Old Bay)
- ☐ 2 ounces sharp cheddar cheese shredded reduced-fat
- ☐ 0.8 teaspoon thyme leaves dried
- ☐ 1.3 cups water

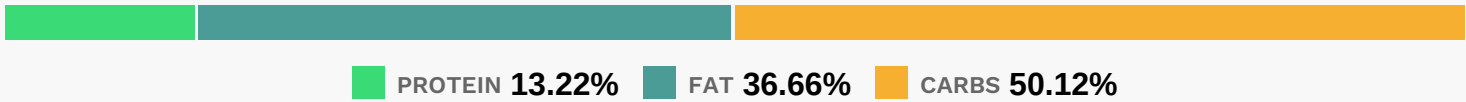
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat a Dutch oven over medium-high heat. Coat pan with cooking spray.
- ☐ Add bell pepper and 3/4 cup green onions, and saut 4 minutes or until lightly browned.
- ☐ Increase heat to high; add corn, water, seafood seasoning, thyme, red pepper, and potatoes; bring to a boil. Cover, reduce heat, and simmer 10 minutes or until potatoes are tender.
- ☐ Remove from heat, and stir in half-and-half, chopped parsley, and salt.
- ☐ Place about 1 1/2 cups soup in each of 4 bowls; sprinkle each with 2 tablespoons cheese and 1 tablespoon green onions.

Nutrition Facts



Properties

Glycemic Index:65.69, Glycemic Load:16.81, Inflammation Score:-9, Nutrition Score:21.324782571067%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 2.84mg, Luteolin: 2.84mg, Luteolin: 2.84mg, Luteolin: 2.84mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg

Nutrients (% of daily need)

Calories: 304.25kcal (15.21%), Fat: 13.09g (20.15%), Saturated Fat: 7.27g (45.44%), Carbohydrates: 40.28g (13.43%), Net Carbohydrates: 35.32g (12.84%), Sugar: 8.87g (9.85%), Cholesterol: 35.35mg (11.78%), Sodium: 751.07mg (32.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.63g (21.25%), Vitamin K: 124.63µg (118.7%), Vitamin C: 63.64mg (77.14%), Vitamin B6: 0.61mg (30.74%), Potassium: 866.49mg (24.76%), Phosphorus: 246.52mg (24.65%), Vitamin A: 1223.11IU (24.46%), Calcium: 219.99mg (22%), Manganese: 0.43mg (21.54%), Fiber: 4.96g (19.86%), Folate: 79.22µg (19.8%), Vitamin B2: 0.33mg (19.58%), Magnesium: 61.65mg (15.41%), Vitamin B1: 0.2mg (13.07%), Iron: 2.29mg (12.74%), Vitamin B3: 2.54mg (12.71%), Copper: 0.24mg (11.79%), Zinc: 1.59mg (10.6%), Selenium: 7.09µg (10.13%), Vitamin B5: 0.96mg (9.56%), Vitamin E: 0.74mg (4.94%), Vitamin B12: 0.27µg (4.42%)