



Corn-and-Zucchini Queso Chowder

READY IN



60 min.

SERVINGS



40

CALORIES



185 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 40 servings cheddar cheese diced shredded red cooked chopped
- ☐ 0.3 cup butter
- ☐ 4 oz cheese shredded
- ☐ 2 cups corn whole frozen thawed
- ☐ 28 oz fat-skimmed beef broth fat-free low-sodium canned
- ☐ 0.3 cup flour all-purpose
- ☐ 2 garlic clove minced
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 cup half and half

- ☐ 0.5 teaspoon kosher salt
- ☐ 1.5 cups milk
- ☐ 1 cup onion finely chopped
- ☐ 3 poblano pepper seeded finely chopped
- ☐ 1 cup bell pepper red finely chopped
- ☐ 4 oz sharp cheddar cheese shredded
- ☐ 2 cups zucchini chopped

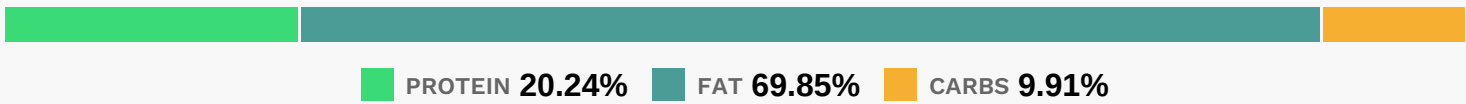
Equipment

- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Melt butter in a Dutch oven over medium-high heat; add bell pepper and next 3 ingredients, and saut 4 to 5 minutes or until tender.
- ☐ Add corn, zucchini, and cumin, and saut 5 minutes or until tender. Gradually stir in broth, stirring to loosen particles from bottom of Dutch oven. Bring to a boil; cover, reduce heat to low, and simmer 15 minutes.
- ☐ Whisk together flour and next 2 ingredients. Stir into corn mixture, and cook over medium heat, stirring constantly, 5 minutes or until thickened. Reduce heat to low.
- ☐ Add asadero cheese, 1 cup shredded Cheddar cheese, and salt, and cook, stirring constantly, until cheeses melt and mixture is thoroughly heated.
- ☐ Serve with desired toppings.
- ☐ *Monterey Jack cheese may be substituted.

Nutrition Facts



Properties

Glycemic Index:9.07, Glycemic Load:1.16, Inflammation Score:-5, Nutrition Score:6.8586956003438%

Flavonoids

Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 184.93kcal (9.25%), Fat: 14.47g (22.26%), Saturated Fat: 8.21g (51.29%), Carbohydrates: 4.62g (1.54%), Net Carbohydrates: 4.23g (1.54%), Sugar: 1.54g (1.71%), Cholesterol: 41.94mg (13.98%), Sodium: 373.17mg (16.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.44g (18.87%), Calcium: 274.83mg (27.48%), Phosphorus: 191.64mg (19.16%), Vitamin C: 13.58mg (16.46%), Selenium: 11.32µg (16.18%), Vitamin B2: 0.21mg (12.08%), Vitamin A: 591.41IU (11.83%), Zinc: 1.45mg (9.69%), Vitamin B12: 0.48µg (8.02%), Folate: 16.85µg (4.21%), Vitamin B6: 0.08mg (4.21%), Magnesium: 15.55mg (3.89%), Potassium: 111.62mg (3.19%), Vitamin E: 0.42mg (2.81%), Vitamin B5: 0.27mg (2.68%), Vitamin B1: 0.04mg (2.68%), Manganese: 0.05mg (2.58%), Vitamin D: 0.31µg (2.1%), Vitamin K: 2.19µg (2.09%), Vitamin B3: 0.38mg (1.9%), Copper: 0.03mg (1.6%), Fiber: 0.39g (1.57%), Iron: 0.24mg (1.34%)