



Corn Cheese Chowder

READY IN



45 min.

SERVINGS



6

CALORIES



419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups processed cheese food shredded
- 0.3 cup butter melted
- 30 ounce corn canned
- 0.3 cup flour all-purpose
- 4 cups milk
- 0.3 cup onion chopped
- 1 teaspoon salt
- 0.3 teaspoon pepper white

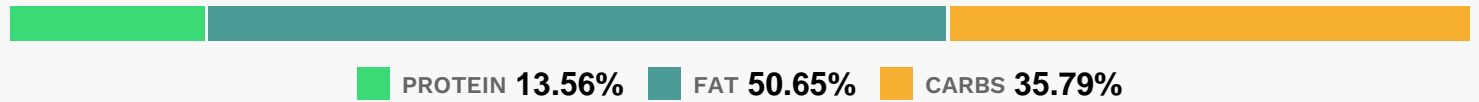
Equipment

frying pan

Directions

- Using a saute pan over medium heat, saute onion in butter until tender.
- Add flour and stir, it will form a paste like consistency.
- Add milk and stir until thickened.
- Add corn, cheese and season with salt and pepper.
- Heat through, until the cheese melts and then serve hot.

Nutrition Facts



Properties

Glycemic Index:36.17, Glycemic Load:6.25, Inflammation Score:-7, Nutrition Score:15.154347668523%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 419.2kcal (20.96%), Fat: 24.66g (37.93%), Saturated Fat: 14.31g (89.44%), Carbohydrates: 39.21g (13.07%), Net Carbohydrates: 37.23g (13.54%), Sugar: 13.5g (15%), Cholesterol: 74.86mg (24.95%), Sodium: 1465.4mg (63.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.85g (29.7%), Calcium: 575.13mg (57.51%), Phosphorus: 470.91mg (47.09%), Vitamin B2: 0.41mg (24.26%), Vitamin B12: 1.42µg (23.66%), Vitamin A: 935.66IU (18.71%), Folate: 74.84µg (18.71%), Selenium: 12.62µg (18.04%), Zinc: 2.35mg (15.65%), Potassium: 497.86mg (14.22%), Magnesium: 54.8mg (13.7%), Vitamin D: 2µg (13.33%), Vitamin B1: 0.17mg (11.65%), Vitamin B6: 0.22mg (10.9%), Vitamin B5: 1.04mg (10.44%), Vitamin B3: 1.88mg (9.39%), Manganese: 0.17mg (8.3%), Fiber: 1.98g (7.91%), Vitamin C: 6.32mg (7.66%), Iron: 1.03mg (5.73%), Copper: 0.1mg (5.13%), Vitamin E: 0.68mg (4.56%), Vitamin K: 2.1µg (2%)