

Corn Chowder



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



265 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons celery diced
- ☐ 10.5 ounce chicken broth low-sodium canned
- ☐ 1 cup whole-kernel corn frozen divided thawed
- ☐ 2 tablespoons onion chopped
- ☐ 0.5 cup potatoes diced
- ☐ 2 tablespoons bell pepper sweet red chopped
- ☐ 0.1 teaspoon salt
- ☐ 1 ounce sharp cheddar cheese shredded reduced-fat

- ☐ 1 cup skim milk
- ☐ 2 tablespoons cornmeal yellow

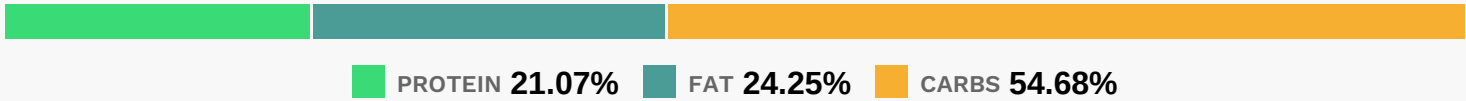
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ blender

Directions

- ☐ Coat a medium saucepan with cooking spray; place over medium-high heat until hot.
- ☐ Add sweet red pepper, onion, and celery; saute 1 minute or until tender.
- ☐ Add potato, salt, and chicken broth; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until potato is tender.
- ☐ Place cornmeal in container of an electric blender; cover and process 1 minute or until powdered.
- ☐ Add milk and 1/2 cup corn to cornmeal; cover and process until smooth, stopping once to scrape down sides.
- ☐ Add processed corn mixture and remaining 1/2 cup corn to potato mixture. Cook over low heat until thoroughly heated, stirring frequently.
- ☐ To serve, ladle soup into individual bowls, and top each serving with 2 tablespoons cheese.

Nutrition Facts



Properties

Glycemic Index:151.75, Glycemic Load:13.51, Inflammation Score:-7, Nutrition Score:15.088260816491%

Flavonoids

Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Quercetin: 2.45mg,

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Nutrients (% of daily need)

Calories: 264.6kcal (13.23%), Fat: 7.5g (11.53%), Saturated Fat: 3.38g (21.12%), Carbohydrates: 38.04g (12.68%), Net Carbohydrates: 33.81g (12.3%), Sugar: 11.55g (12.84%), Cholesterol: 17.85mg (5.95%), Sodium: 511.74mg (22.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.66g (29.32%), Phosphorus: 338.03mg (33.8%), Vitamin C: 24.55mg (29.75%), Calcium: 283.47mg (28.35%), Vitamin B2: 0.38mg (22.46%), Potassium: 760.01mg (21.71%), Vitamin B3: 3.94mg (19.7%), Vitamin B6: 0.38mg (19.25%), Fiber: 4.23g (16.91%), Vitamin B12: 1.01µg (16.83%), Vitamin A: 757.18IU (15.14%), Folate: 56.62µg (14.16%), Magnesium: 56.45mg (14.11%), Manganese: 0.27mg (13.75%), Zinc: 2mg (13.31%), Vitamin B1: 0.19mg (12.42%), Selenium: 7.8µg (11.15%), Vitamin B5: 1.06mg (10.63%), Copper: 0.2mg (9.97%), Vitamin D: 1.43µg (9.55%), Iron: 1.34mg (7.46%), Vitamin K: 4.2µg (4%), Vitamin E: 0.39mg (2.62%)