

Corn Chowder

 **Gluten Free**

READY IN



45 min.

SERVINGS



5

CALORIES



185 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 ears corn sweet husked
- 3 slices bacon cut into ½-inch pieces
- 0.5 medium onion cut into ¼-inch dice (¾ cup)
- 1 medium baking potatoes peeled cut into ½-inch dice (1 ½ cups)
- 1 cup milk
- 1 sprig thyme sprigs fresh
- 1 serving coarse salt

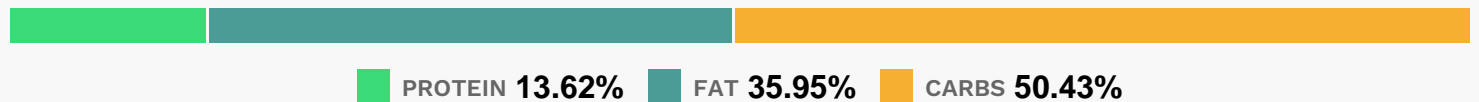
Equipment

- bowl
- frying pan
- sauce pan
- slotted spoon

Directions

- Cut kernels from cobs; set aside. Break cobs into thirds, and place in a medium saucepan.
- Add 3 cups water. Bring to a boil. Reduce to a simmer, and cook for 20 minutes to make a corn stock. Strain, discarding cobs; you should have about 2 cups.
- Meanwhile, in a medium saucepan, cook bacon over medium heat until crisp, about 10 minutes. Use a slotted spoon to transfer to a small bowl; set aside.
- Pour off all but 1 tablespoon of the bacon fat. To the pan, add the onion, and cook until translucent, about 5 minutes.
- Add the potato, corn kernels, 2 cups corn stock, milk, thyme, and 1 teaspoon salt. Bring to a simmer, and cook, partially covered, skimming foam as necessary, until potatoes are tender, about 10 minutes. Taste, and adjust for seasoning.
- Sprinkle with reserved bacon.

Nutrition Facts



Properties

Glycemic Index:38.95, Glycemic Load:7.16, Inflammation Score:-5, Nutrition Score:7.9143478688986%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 184.5kcal (9.23%), Fat: 7.82g (12.03%), Saturated Fat: 2.91g (18.21%), Carbohydrates: 24.69g (8.23%), Net Carbohydrates: 22.48g (8.17%), Sugar: 7.59g (8.43%), Cholesterol: 14.57mg (4.86%), Sodium: 158.07mg (6.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.66g (13.33%), Phosphorus: 159.21mg (15.92%), Vitamin B6:

0.29mg (14.64%), Vitamin B1: 0.22mg (14.36%), Potassium: 488.66mg (13.96%), Vitamin B3: 2.31mg (11.57%), Magnesium: 45.3mg (11.32%), Manganese: 0.21mg (10.27%), Vitamin C: 8.46mg (10.25%), Folate: 38.38µg (9.6%), Vitamin B5: 0.91mg (9.14%), Fiber: 2.21g (8.84%), Vitamin B2: 0.14mg (7.98%), Calcium: 71.03mg (7.1%), Selenium: 4.24µg (6.05%), Zinc: 0.83mg (5.55%), Vitamin B12: 0.33µg (5.49%), Iron: 0.85mg (4.74%), Copper: 0.09mg (4.71%), Vitamin A: 228.73IU (4.57%), Vitamin D: 0.59µg (3.93%), Vitamin K: 1.17µg (1.12%)