



# Corn Chowder

 **Gluten Free**

READY IN



**30 min.**

SERVINGS



**6**

CALORIES



**353 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 bacon crumbled cooked
- 0.3 teaspoon thyme dried
- 1 large onion diced
- 0.3 teaspoon pepper
- 6 potatoes diced peeled
- 1 teaspoon salt
- 6 servings water
- 16 ounces corn whole drained canned

4 cups milk whole

## Equipment

dutch oven

## Directions

Place potatoes in a Dutch oven and cover with water. Bring to a boil. Reduce heat; cover and cook for 10–15 minutes or until tender.

Drain.

Add remaining ingredients; bring to a boil. Reduce heat and simmer for 15 minutes or until onion is soft.

## Nutrition Facts



**PROTEIN 14.97%** **FAT 21.09%** **CARBS 63.94%**

## Properties

Glycemic Index:30.13, Glycemic Load:30.65, Inflammation Score:-7, Nutrition Score:18.500434756279%

## Flavonoids

Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.57mg, Quercetin: 6.57mg, Quercetin: 6.57mg, Quercetin: 6.57mg

## Nutrients (% of daily need)

Calories: 352.84kcal (17.64%), Fat: 8.38g (12.89%), Saturated Fat: 3.9g (24.37%), Carbohydrates: 57.16g (19.05%), Net Carbohydrates: 52.01g (18.91%), Sugar: 10.55g (11.72%), Cholesterol: 24.8mg (8.27%), Sodium: 687.87mg (29.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.38g (26.76%), Vitamin C: 45.12mg (54.69%), Vitamin B6: 0.79mg (39.33%), Potassium: 1293.06mg (36.94%), Phosphorus: 344.86mg (34.49%), Calcium: 241.98mg (24.2%), Manganese: 0.42mg (21.15%), Vitamin B1: 0.31mg (20.97%), Magnesium: 83.59mg (20.9%), Fiber: 5.15g (20.59%), Vitamin B2: 0.32mg (19.02%), Vitamin B3: 3.6mg (17.99%), Vitamin B12: 0.94µg (15.61%), Copper: 0.31mg (15.5%), Folate: 60.88µg (15.22%), Vitamin B5: 1.33mg (13.29%), Vitamin D: 1.81µg (12.07%), Zinc: 1.73mg (11.53%), Iron: 1.99mg (11.08%), Selenium: 6.57µg (9.38%), Vitamin A: 272.29IU (5.45%), Vitamin K: 5.49µg (5.22%)