

Corn Chowder

READY IN



5 min.

SERVINGS



2

CALORIES



559 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices oscar meyer bacon ready to serve
- ☐ 11 ounce giant corn niblets green canned
- ☐ 10.8 ounce campbell's classics cream of potato soup canned
- ☐ 2 servings oyster crackers
- ☐ 1 cup milk whole low-fat

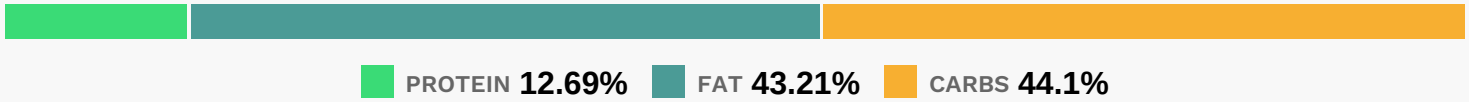
Equipment

- ☐ frying pan
- ☐ microwave

Directions

- ☐ Heat the bacon for 20 to 30 seconds in the microwave; set aside.
- ☐ Pour the cream of potato soup into a sauce-pan.
- ☐ Add the milk and corn. Break up the cooked bacon into small pieces, then stir it into the sauce-pan.
- ☐ Heat for 5 minutes or until the soup reaches a simmer.
- ☐ Serve with the oyster crackers.

Nutrition Facts



Properties

Glycemic Index:46.75, Glycemic Load:18.24, Inflammation Score:-7, Nutrition Score:19.57347849141%

Nutrients (% of daily need)

Calories: 558.97kcal (27.95%), Fat: 27.87g (42.87%), Saturated Fat: 10.15g (63.45%), Carbohydrates: 64g (21.33%), Net Carbohydrates: 59.23g (21.54%), Sugar: 15.72g (17.46%), Cholesterol: 51.3mg (17.1%), Sodium: 1402.24mg (60.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.41g (36.82%), Manganese: 0.85mg (42.65%), Phosphorus: 378.32mg (37.83%), Vitamin B1: 0.48mg (32.18%), Vitamin B3: 6.14mg (30.72%), Vitamin B5: 3.07mg (30.72%), Vitamin B2: 0.41mg (24.12%), Vitamin B6: 0.47mg (23.34%), Potassium: 798.92mg (22.83%), Selenium: 15.91µg (22.73%), Copper: 0.42mg (21.09%), Fiber: 4.77g (19.09%), Zinc: 2.85mg (19.01%), Calcium: 184.17mg (18.42%), Magnesium: 65.43mg (16.36%), Vitamin B12: 0.95µg (15.89%), Folate: 59.01µg (14.75%), Vitamin A: 727.76IU (14.56%), Iron: 2.3mg (12.76%), Vitamin C: 8.58mg (10.39%), Vitamin D: 1.52µg (10.12%), Vitamin K: 6.48µg (6.17%), Vitamin E: 0.67mg (4.46%)