



Corn Chowder Canadian Style

READY IN



45 min.

SERVINGS



6

CALORIES



676 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound bacon
- ☐ 1 bay leaf
- ☐ 2 tablespoons butter
- ☐ 19 ounce regular corn drained canned
- ☐ 2 carrots diced
- ☐ 4 stalks celery chopped
- ☐ 2 tablespoons flour all-purpose
- ☐ 4 cups milk
- ☐ 3 large potatoes diced

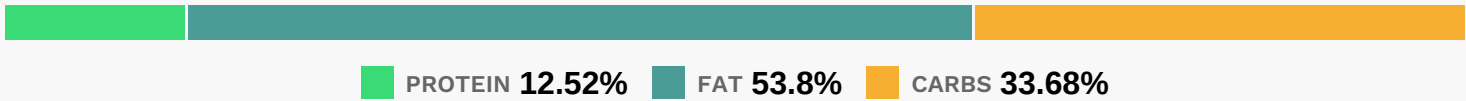
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Cook bacon in a large skillet over medium heat until crisp, about 5 minutes.
- ☐ Remove bacon to a plate; pour off about half of the bacon grease. Stir carrots, celery, and bay leaf into the same skillet; cook and stir vegetables until slightly softened, about 5 minutes.
- ☐ Melt butter in a large pot over medium-low heat; whisk in flour. Slowly whisk in milk, bring to a simmer, and cook, whisking frequently, until slightly thickened, about 5 minutes.
- ☐ Crumble bacon. Stir bacon, potatoes, corn, paprika, and vegetable mixture into milk mixture. Simmer soup over medium-low heat, stirring frequently, until potatoes are tender, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:54.26, Glycemic Load:28.63, Inflammation Score:-10, Nutrition Score:25.746086846227%

Flavonoids

Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 676.03kcal (33.8%), Fat: 40.56g (62.41%), Saturated Fat: 15.74g (98.39%), Carbohydrates: 57.15g (19.05%), Net Carbohydrates: 52.02g (18.92%), Sugar: 10.59g (11.77%), Cholesterol: 79.45mg (26.48%), Sodium: 785.1mg (34.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.23g (42.46%), Vitamin A: 3929.45IU (78.59%), Vitamin C: 39.91mg (48.37%), Vitamin B6: 0.89mg (44.7%), Phosphorus: 432.48mg (43.25%), Potassium: 1412.85mg (40.37%), Vitamin B1: 0.5mg (33.31%), Vitamin B3: 6.29mg (31.46%), Selenium: 19.86µg (28.37%), Calcium: 246.81mg (24.68%), Vitamin B2: 0.4mg (23.48%), Magnesium: 86.94mg (21.73%), Manganese: 0.42mg

(21.12%), Vitamin B12: 1.26µg (21.07%), Fiber: 5.13g (20.51%), Folate: 73.76µg (18.44%), Vitamin B5: 1.71mg (17.1%), Zinc: 2.45mg (16.34%), Copper: 0.28mg (14.13%), Vitamin K: 14.82µg (14.12%), Vitamin D: 2.09µg (13.94%), Iron: 2.18mg (12.14%), Vitamin E: 0.74mg (4.94%)