



## Corn Chowder with Chilies

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



309 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 2 slices bacon cut into 1/2-inch pieces (or smaller)
- 2 Tablespoons butter
- 32 ounces chicken broth low sodium
- 2 chipotles in adobo diced whole finely
- 3 Tablespoons cornmeal
- 4 cups ears corn
- 1 ounce to 2 chilies slit diced whole green
- 1.5 cup cup heavy whipping cream

- 0.5 teaspoon kosher salt to taste (more )
- 2 onion diced whole yellow
- 0.3 cup water

## Equipment

- bowl
- dutch oven

## Directions

- (Carefully) slice the corn kernels off the cob. Set aside.
- Add bacon pieces to a pot or dutch oven over medium heat. Cook for a couple of minutes. Throw in diced onion and stir, cooking the onion for 3 to 4 minutes.
- Add butter and melt.
- Add corn. Stir and cook for one minute.
- Add both kinds of chilies and stir.
- Pour in chicken broth and cream.
- Add salt. Stir and bring to a boil. Reduce heat to low.
- Combine cornmeal (or masa) with water. Stir to combine, then pour into the chowder. Cover and cook for 15 minutes over low heat. If chowder needs more thickening, add another tablespoon of cornmeal mixed with water. Cook for another ten minutes.
- Serve with crusty sourdough bread or in a bread bowl. Absolutely yummy!

## Nutrition Facts



**PROTEIN 8.95%** **FAT 63.56%** **CARBS 27.49%**

## Properties

Glycemic Index:18.19, Glycemic Load:2.2, Inflammation Score:-6, Nutrition Score:8.055652115656%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg,

Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

## Nutrients (% of daily need)

Calories: 309.11kcal (15.46%), Fat: 23.04g (35.44%), Saturated Fat: 13.28g (83.02%), Carbohydrates: 22.42g (7.47%), Net Carbohydrates: 19.66g (7.15%), Sugar: 7.58g (8.43%), Cholesterol: 61.58mg (20.53%), Sodium: 274.66mg (11.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.3g (14.6%), Vitamin A: 881.8IU (17.64%), Vitamin B3: 3.21mg (16.06%), Phosphorus: 149.6mg (14.96%), Potassium: 399.65mg (11.42%), Fiber: 2.76g (11.05%), Vitamin B1: 0.16mg (10.7%), Vitamin B2: 0.17mg (10.26%), Folate: 38.84µg (9.71%), Magnesium: 38.65mg (9.66%), Vitamin C: 7.66mg (9.28%), Manganese: 0.18mg (8.96%), Vitamin B6: 0.16mg (8.21%), Vitamin B5: 0.72mg (7.24%), Copper: 0.13mg (6.26%), Iron: 0.94mg (5.25%), Zinc: 0.79mg (5.24%), Vitamin D: 0.74µg (4.91%), Selenium: 3.28µg (4.68%), Calcium: 43.42mg (4.34%), Vitamin E: 0.59mg (3.9%), Vitamin B12: 0.22µg (3.64%), Vitamin K: 2.01µg (1.91%)