



## Corn Chowder With Crab and Cilantro

READY IN



45 min.

SERVINGS



6

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 slices bacon uncooked ()
- 0.5 cup celery chopped
- 29 ounce chicken broth fat-free reduced-sodium canned
- 0.3 cup flour
- 2 tablespoons cilantro leaves fresh chopped
- 1.5 cups corn kernels fresh ()
- 0.5 teaspoon thyme leaves fresh chopped
- 0.5 teaspoon kosher salt
- 1 tablespoon juice of lime

- 2.5 cups milk 2% reduced-fat
- 1 pound lump crab meat
- 1 cup onion chopped
- 1 pound potatoes diced red ()

## Equipment

- paper towels
- whisk
- pot

## Directions

- Cook the bacon over medium heat in a large soup pot.
- Remove bacon from the pot and place it on a paper towel to drain.
- Add the onion, celery, and fresh thyme to the soup pot; cook 34 minutes until softened.
- Whisk the milk and flour together; add to the pot.
- Add the chicken broth and potatoes, and bring the mixture to a boil, stirring frequently. Reduce the heat to low, cover the pot, and simmer until the potatoes are cooked through and the soup is thickened, about 15 minutes.
- Chop the bacon.
- Add the corn and cook 5 minutes. Stir in the crab, cilantro, lime juice, salt, and bacon; cook 2 minutes until heated through.
- Serve with crackers or flatbread, if desired.

## Nutrition Facts



## Properties

Glycemic Index:35.17, Glycemic Load:3.47, Inflammation Score:-7, Nutrition Score:22.882608652115%

## Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg

## **Nutrients (% of daily need)**

Calories: 295.03kcal (14.75%), Fat: 9.15g (14.07%), Saturated Fat: 3.42g (21.39%), Carbohydrates: 30.87g (10.29%), Net Carbohydrates: 28.09g (10.22%), Sugar: 9.73g (10.81%), Cholesterol: 49.3mg (16.43%), Sodium: 1556.6mg (67.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.19g (46.38%), Vitamin B12: 7.67µg (127.87%), Selenium: 38.47µg (54.96%), Copper: 0.88mg (43.94%), Phosphorus: 386.57mg (38.66%), Zinc: 5.69mg (37.9%), Potassium: 874.95mg (25%), Folate: 86.42µg (21.6%), Magnesium: 86.28mg (21.57%), Vitamin C: 17.74mg (21.51%), Vitamin B3: 4.16mg (20.8%), Vitamin B6: 0.41mg (20.67%), Vitamin B2: 0.34mg (19.86%), Vitamin B1: 0.29mg (19.6%), Calcium: 178.79mg (17.88%), Manganese: 0.31mg (15.28%), Vitamin B5: 1.41mg (14.12%), Fiber: 2.78g (11.1%), Iron: 1.81mg (10.04%), Vitamin K: 5.51µg (5.25%), Vitamin A: 253.44IU (5.07%), Vitamin E: 0.17mg (1.1%)