





 6%
HEALTH SCORE

Corn Chowder with Potatoes, Poblanos, and Smoked Gouda

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



316 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 bay leaves
- 6 servings chives chopped for garnishing
- 4 cups corn fresh
- 4 sprigs thyme sprigs fresh
- 0.3 cup gouda cheese smoked grated
- 1 cup half and half
- 1 medium onion chopped

- 4 ounce poblano pepper diced peeled canned
- 1 pound potatoes sliced
- 1 teaspoon salt
- 3 tablespoons butter unsalted
- 1 tablespoon water

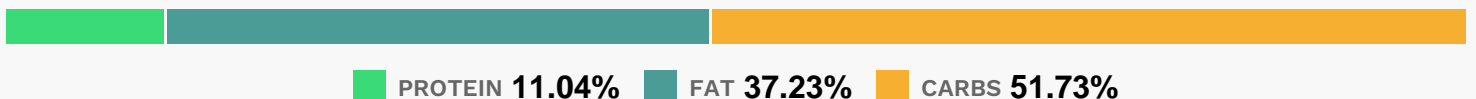
Equipment

- bowl
- frying pan
- ladle
- slow cooker
- immersion blender

Directions

- In a large saut pan, melt the butter over medium heat and saut the onion for about 10 minutes, or until lightly browned.
- Transfer the onion to a 7-quart slow cooker and add the potatoes, bay leaf, thyme, and water. Cover and cook on LOW for about 4 hours, or until the potatoes are tender. Mash some of the potatoes against the inside of the cooker or use a handheld immersion blender to puree a small amount of potato and thicken the soup slightly.
- Add the corn, chiles, half-and-half, and cup of the cheddar.
- Add the salt to taste and continue cooking for 20 to 30 minutes, or just until all the ingredients are hot. Ladle the soup into bowls and garnish each bowl with the remaining cheddar and chopped chives.

Nutrition Facts



Properties

Glycemic Index:39.63, Glycemic Load:10.2, Inflammation Score:-8, Nutrition Score:13.789565217391%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg

Taste

Sweetness: 21.76%, Saltiness: 100%, Sourness: 8.77%, Bitterness: 10.99%, Savoriness: 20.77%, Fattiness: 88.19%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 316.27kcal (15.81%), Fat: 14.01g (21.56%), Saturated Fat: 8.34g (52.13%), Carbohydrates: 43.82g (14.61%), Net Carbohydrates: 38.32g (13.94%), Sugar: 3.73g (4.14%), Cholesterol: 40.4mg (13.47%), Sodium: 505.24mg (21.97%), Protein: 9.35g (18.69%), Vitamin C: 41.38mg (50.16%), Vitamin B6: 0.52mg (25.83%), Phosphorus: 243.01mg (24.3%), Potassium: 775.55mg (22.16%), Fiber: 5.5g (22%), Manganese: 0.36mg (17.77%), Folate: 66.34µg (16.58%), Magnesium: 64.88mg (16.22%), Vitamin B2: 0.25mg (14.66%), Vitamin B3: 2.83mg (14.15%), Vitamin B1: 0.21mg (13.97%), Calcium: 137.49mg (13.75%), Zinc: 1.61mg (10.75%), Vitamin A: 525.65IU (10.51%), Iron: 1.63mg (9.05%), Copper: 0.17mg (8.59%), Vitamin B5: 0.75mg (7.51%), Vitamin K: 6.28µg (5.98%), Selenium: 4µg (5.71%), Vitamin B12: 0.24µg (4.01%), Vitamin E: 0.37mg (2.47%), Vitamin D: 0.15µg (1.03%)