



Corn Chowder with Red Peppers and Pancetta

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



277 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 ears corn (7 to 8 in.)
- ☐ 6 cups fat-skimmed chicken broth
- ☐ 6 servings salt and fresh-ground pepper
- ☐ 1 cup onion chopped
- ☐ 2 oregano sprigs dried rinsed (3 in.)
- ☐ 0.3 pound pancetta diced sliced
- ☐ 0.8 lb thin-skinned potatoes diced red scrubbed
- ☐ 7 oz roasted peppers red drained chopped

☐ 0.5 cup whipping cream

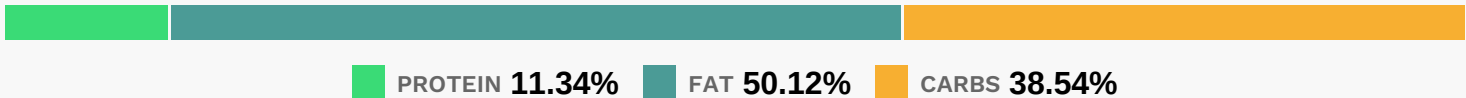
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ knife
- ☐ blender
- ☐ slotted spoon

Directions

- ☐ Husk corn, discard husks and silks, and rinse ears. With a sharp knife, cut corn kernels from cobs into a bowl.
- ☐ In a 5- to 6-quart pan over medium-high heat, frequently stir pancetta until lightly browned and crisp, 5 to 7 minutes. With a slotted spoon, transfer pancetta to towels to drain.
- ☐ Add onions to pan; stir frequently until they're just beginning to brown, 3 to 5 minutes.
- ☐ Add corn, potatoes, peppers, broth, and oregano. Bring to a boil over high heat, stirring often. Reduce heat, cover, and simmer, stirring occasionally, until potatoes mash easily when pressed, about 15 minutes. Discard oregano sprigs.
- ☐ In a blender, whirl about 1/3 of the soup mixture (use a towel to hold down blender lid) until smooth.
- ☐ Pour pure back into pan with remaining soup.
- ☐ Add cream and stir until soup is hot, about 1 minute.
- ☐ Add salt and pepper to taste.
- ☐ Ladle the soup into bowls; top equally with cooked pancetta.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.55, Inflammation Score:-8, Nutrition Score:12.407391247542%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg

Nutrients (% of daily need)

Calories: 277.02kcal (13.85%), Fat: 16.28g (25.04%), Saturated Fat: 7.37g (46.06%), Carbohydrates: 28.17g (9.39%), Net Carbohydrates: 24.72g (8.99%), Sugar: 7.49g (8.32%), Cholesterol: 34.89mg (11.63%), Sodium: 1728.09mg (75.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.29g (16.57%), Vitamin C: 27.46mg (33.28%), Vitamin B3: 4.25mg (21.23%), Potassium: 676.31mg (19.32%), Phosphorus: 179.87mg (17.99%), Vitamin B6: 0.35mg (17.47%), Vitamin B1: 0.26mg (17.02%), Manganese: 0.33mg (16.69%), Selenium: 10.37µg (14.81%), Folate: 55.92µg (13.98%), Fiber: 3.46g (13.82%), Magnesium: 53.36mg (13.34%), Vitamin A: 620.95IU (12.42%), Vitamin B5: 1.17mg (11.72%), Copper: 0.23mg (11.27%), Vitamin B2: 0.18mg (10.47%), Vitamin B12: 0.58µg (9.67%), Iron: 1.66mg (9.24%), Zinc: 0.96mg (6.42%), Calcium: 55.42mg (5.54%), Vitamin K: 4.68µg (4.46%), Vitamin D: 0.39µg (2.62%), Vitamin E: 0.39mg (2.59%)