



Corn Chowder With Sausage

 Gluten Free

READY IN



32 min.

SERVINGS



6

CALORIES



198 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.1 teaspoon pepper black
- 1 tablespoon butter
- 6 ounces spicy chicken sausage low-fat sliced
- 2 cups whole-kernel corn frozen thawed
- 2 cups less-sodium chicken broth fat-free
- 2 tablespoons flat-leaf parsley fresh chopped
- 0.5 cup milk 2% reduced-fat
- 0.3 cup cheddar cheese shredded reduced-fat

- 0.5 cup onion finely chopped
- 0.3 teaspoon salt
- 1 cup water
- 2 cups yukon gold potatoes cubed peeled

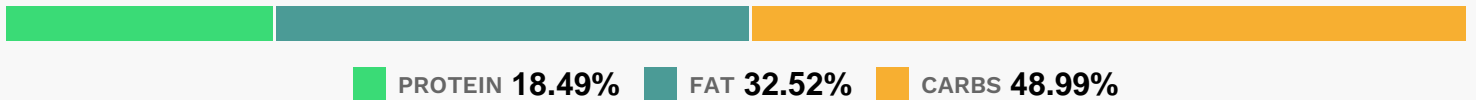
Equipment

- frying pan
- sauce pan

Directions

- Melt butter in a large saucepan over medium heat.
- Add onion; cook 2 1/2 minutes or until soft. Stir in potato and next 5 ingredients (through corn); bring to a boil. Reduce heat; simmer 15 minutes or until potato is soft.
- Remove 2 cups, pure, and return to pan.
- Stir in sausage and milk over low heat; cook until thick (about 5 minutes).
- Remove from heat.
- Garnish with cheese and parsley.

Nutrition Facts



Properties

Glycemic Index:37.46, Glycemic Load:10.38, Inflammation Score:-5, Nutrition Score:8.7265217990169%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg

Nutrients (% of daily need)

Calories: 197.7kcal (9.89%), Fat: 7.5g (11.54%), Saturated Fat: 2.65g (16.54%), Carbohydrates: 25.42g (8.47%), Net Carbohydrates: 22.32g (8.11%), Sugar: 5.09g (5.66%), Cholesterol: 27.59mg (9.2%), Sodium: 869.51mg (37.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.6g (19.19%), Vitamin C: 19.61mg (23.77%), Vitamin K: 23.72µg (22.59%), Vitamin B6: 0.29mg (14.52%), Potassium: 485.5mg (13.87%), Phosphorus: 124.57mg (12.46%), Fiber: 3.11g (12.44%), Manganese: 0.22mg (10.96%), Folate: 39.74µg (9.93%), Vitamin B3: 1.86mg (9.27%), Vitamin B2: 0.14mg (8.37%), Magnesium: 31.43mg (7.86%), Vitamin B1: 0.1mg (6.95%), Iron: 1.25mg (6.94%), Copper: 0.13mg (6.69%), Vitamin A: 327.18IU (6.54%), Calcium: 64.16mg (6.42%), Vitamin B5: 0.62mg (6.22%), Selenium: 3.5µg (5%), Vitamin B12: 0.28µg (4.71%), Zinc: 0.64mg (4.28%)