



Corn Chowder with Sausage

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



582 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.8 ounce corn canned
- 0.5 teaspoon marjoram dried
- 12 fluid ounce evaporated milk canned
- 1 onion chopped
- 1 pound pork sausage
- 6 cups potatoes cubed peeled
- 1 teaspoon salt
- 3 cups water

15.3 ounce kernel corn whole canned

Equipment

frying pan

pot

Directions

Combine potatoes, salt, marjoram, and water in a soup pot. Boil until potatoes are just tender.

Brown sausage and onion in a skillet over medium heat.

Drain off excess fat, and add to the potatoes.

Stir in the cans of corn and the evaporated milk.

Heat through, and serve.

Nutrition Facts



PROTEIN 15.35% **FAT 39.71%** **CARBS 44.94%**

Properties

Glycemic Index:23.13, Glycemic Load:27.23, Inflammation Score:-7, Nutrition Score:21.661304370217%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.8mg, Kaempferol: 1.8mg, Kaempferol: 1.8mg, Kaempferol: 1.8mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.19mg, Quercetin: 5.19mg, Quercetin: 5.19mg, Quercetin: 5.19mg

Nutrients (% of daily need)

Calories: 582.21kcal (29.11%), Fat: 26.06g (40.09%), Saturated Fat: 9.63g (60.19%), Carbohydrates: 66.34g (22.11%), Net Carbohydrates: 60.57g (22.02%), Sugar: 10.6g (11.78%), Cholesterol: 71.58mg (23.86%), Sodium: 1249.68mg (54.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.66g (45.33%), Vitamin C: 48.47mg (58.75%), Vitamin B6: 0.95mg (47.32%), Potassium: 1454.72mg (41.56%), Phosphorus: 412.24mg (41.22%), Vitamin B3: 7.14mg (35.68%), Vitamin B1: 0.44mg (29.31%), Magnesium: 95.91mg (23.98%), Vitamin B2: 0.4mg (23.47%), Folate: 93.46µg (23.36%), Fiber: 5.77g (23.09%), Zinc: 3.32mg (22.14%), Manganese: 0.44mg (22.07%), Calcium: 198.06mg (19.81%), Copper: 0.37mg (18.56%), Iron: 3.06mg (17.01%), Vitamin B5: 1.65mg (16.54%), Vitamin B12: 0.74µg (12.29%), Vitamin D: 1.04µg (6.95%), Vitamin A: 254.86IU (5.1%), Vitamin K: 4.77µg (4.55%), Selenium: 2.36µg (3.37%), Vitamin E: 0.31mg (2.08%)