



Corn-Fish Chowder

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



271 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices bacon
- ☐ 1 pound baking potato peeled cut into 1/4-inch-thick slices
- ☐ 0.3 teaspoon pepper black
- ☐ 16.5 ounce regular corn cream-style canned
- ☐ 1 pound catfish fillets cubed
- ☐ 2 cups whole-kernel corn fresh
- ☐ 12 ounce evaporated milk fat-free canned
- ☐ 31.5 ounce less-sodium chicken broth fat-free canned

- ☐ 1.5 teaspoons ground thyme
- ☐ 0.5 cup onion chopped
- ☐ 0.5 cup potato flakes instant (not granules)
- ☐ 0.3 teaspoon salt

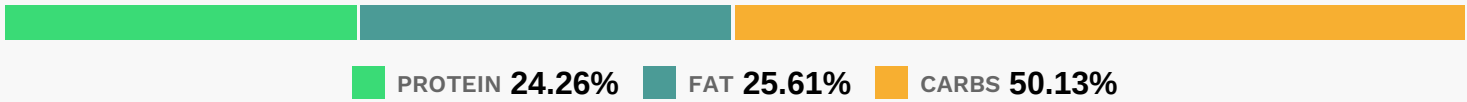
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Cook bacon in a Dutch oven over medium heat until crisp.
- ☐ Remove bacon from pan; crumble.
- ☐ Add onion to drippings in pan; saut 5 minutes. Stir in thyme, broth, and baking potato; bring to a boil. Reduce heat; simmer 10 minutes.
- ☐ Add whole-kernel corn and next 4 ingredients (whole-kernel corn through milk); bring to a simmer. Stir in fish; cook 9 minutes or until fish flakes easily when tested with a fork.
- ☐ Add potato flakes, and cook until thick (about 1 minute); stir constantly.
- ☐ Sprinkle bacon evenly over each serving.
- ☐ Garnish with ground pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:17.97, Glycemic Load:8.27, Inflammation Score:-6, Nutrition Score:15.375217458476%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 270.98kcal (13.55%), Fat: 8.02g (12.34%), Saturated Fat: 3.26g (20.39%), Carbohydrates: 35.33g (11.78%), Net Carbohydrates: 32.56g (11.84%), Sugar: 9.05g (10.06%), Cholesterol: 48.85mg (16.28%), Sodium: 879mg (38.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.1g (34.19%), Vitamin D: 7.15µg (47.68%), Phosphorus: 314.11mg (31.41%), Vitamin B12: 1.58µg (26.39%), Potassium: 803.26mg (22.95%), Vitamin B6: 0.41mg (20.31%), Vitamin B3: 3.82mg (19.11%), Vitamin B1: 0.28mg (18.69%), Selenium: 12.95µg (18.51%), Vitamin B2: 0.3mg (17.47%), Folate: 62.59µg (15.65%), Magnesium: 57.33mg (14.33%), Calcium: 141.2mg (14.12%), Vitamin B5: 1.38mg (13.82%), Vitamin C: 11.36mg (13.77%), Manganese: 0.25mg (12.35%), Fiber: 2.76g (11.05%), Zinc: 1.37mg (9.1%), Iron: 1.55mg (8.64%), Copper: 0.16mg (8.22%), Vitamin K: 4.96µg (4.72%), Vitamin A: 202.38IU (4.05%), Vitamin E: 0.19mg (1.29%)