



Crab and Corn Chowder

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



382 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices bacon
- 6 cups certified chicken broth organic swanson®
- 2 cups kernel corn whole frozen
- 2 cloves garlic minced
- 0.5 cup heavy cream
- 8 ounce pasteurized lump crabmeat refrigerated
- 6 potatoes red
- 2 teaspoons seafood seasoning

1 large onion sweet coarsely chopped

Equipment

bowl

paper towels

sauce pan

tongs

Directions

Cook the bacon in a 4-quart saucepan over medium-high heat for 5 minutes or until the bacon is crisp.

Remove the bacon with a fork or kitchen tongs and drain on paper towels. Crumble and set aside.

Pour off all but 2 tablespoons of drippings.

Reduce the heat to medium.

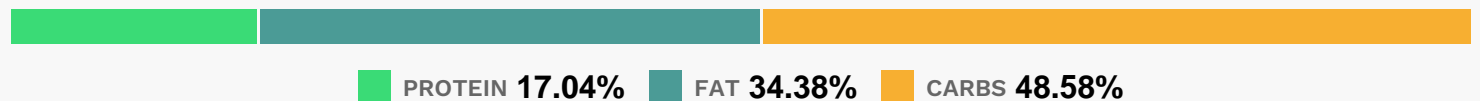
Add the onions and garlic and cook in the hot bacon drippings until tender.

Stir in the broth, seafood seasoning, potatoes and corn.

Heat to a boil. Reduce the heat to low. Cook for 15 minutes or until the potatoes are tender.

Add the crabmeat and cream. Cook for 5 minutes. Divide the chowder among 6 serving bowls. Top each with about 1 tablespoon of bacon.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.09, Inflammation Score:-7, Nutrition Score:20.61000014388%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 9.41mg, Quercetin: 9.41mg, Quercetin: 9.41mg

Quercetin: 9.41mg

Nutrients (% of daily need)

Calories: 381.73kcal (19.09%), Fat: 14.81g (22.79%), Saturated Fat: 6.78g (42.39%), Carbohydrates: 47.1g (15.7%), Net Carbohydrates: 42.88g (15.59%), Sugar: 7.14g (7.93%), Cholesterol: 52.67mg (17.56%), Sodium: 1414.9mg (61.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.52g (33.03%), Vitamin B12: 3.55µg (59.23%), Copper: 0.73mg (36.63%), Potassium: 1268.66mg (36.25%), Vitamin C: 24.97mg (30.27%), Phosphorus: 292.8mg (29.28%), Selenium: 19.77µg (28.25%), Vitamin B6: 0.56mg (27.88%), Manganese: 0.56mg (27.79%), Zinc: 3.58mg (23.88%), Vitamin B3: 4.47mg (22.35%), Vitamin B1: 0.32mg (21.1%), Folate: 83.9µg (20.98%), Magnesium: 83.09mg (20.77%), Vitamin B2: 0.29mg (17.12%), Fiber: 4.21g (16.86%), Iron: 2.53mg (14.05%), Vitamin K: 12.36µg (11.77%), Vitamin B5: 0.94mg (9.4%), Calcium: 82.39mg (8.24%), Vitamin A: 343.85IU (6.88%), Vitamin E: 0.38mg (2.54%), Vitamin D: 0.38µg (2.51%)