



## Creamy Corn and Broccoli Chowder

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



136 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 2 tablespoons butter
- 0.5 cup onion chopped
- 1 clove garlic finely chopped
- 3 tablespoons flour all-purpose
- 0.5 teaspoon coarse salt (kosher or sea salt)
- 0.1 teaspoon pepper
- 3 cups vegetable broth reduced-sodium (from 32-oz carton)
- 16 oz broccoli frozen organic cascadian farm®

2 cups corn sweet frozen organic cascadian farm® (from 16-oz bag)

1 cup frangelico

## Equipment

sauce pan

## Directions

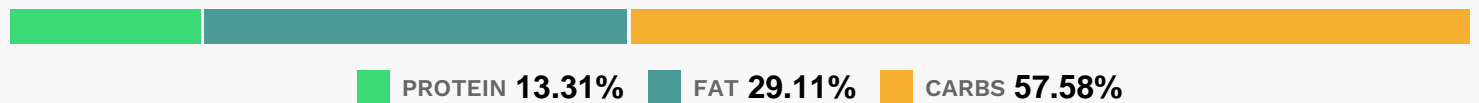
In 4-quart saucepan, melt butter over medium heat. Cook onion and garlic in butter 2 to 3 minutes, stirring frequently, until tender. Stir in flour, salt and pepper. Cook, stirring constantly, 1 minute.

Stir in broth, broccoli and corn.

Heat to boiling over high heat. Reduce heat; simmer 5 to 7 minutes, stirring occasionally, until vegetables are tender.

Stir in half-and-half. Cook 2 to 3 minutes, stirring occasionally, until hot (do not boil).

## Nutrition Facts



## Properties

Glycemic Index:41.92, Glycemic Load:8.67, Inflammation Score:-7, Nutrition Score:14.219999689771%

## Flavonoids

Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 6.01mg, Kaempferol: 6.01mg, Kaempferol: 6.01mg, Kaempferol: 6.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.18mg, Quercetin: 5.18mg, Quercetin: 5.18mg, Quercetin: 5.18mg

## Nutrients (% of daily need)

Calories: 135.87kcal (6.79%), Fat: 4.86g (7.48%), Saturated Fat: 0.98g (6.12%), Carbohydrates: 21.63g (7.21%), Net Carbohydrates: 17.58g (6.39%), Sugar: 4.7g (5.22%), Cholesterol: 0mg (0%), Sodium: 263.96mg (11.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5g (10%), Vitamin C: 71.41mg (86.56%), Vitamin K: 77.46µg (73.77%), Folate: 68.9µg (17.22%), Fiber: 4.05g (16.2%), Vitamin A: 773.45IU (15.47%), Manganese: 0.3mg (15.07%), Vitamin B6: 0.23mg (11.4%), Potassium: 378.84mg (10.82%), Phosphorus: 99.24mg (9.92%), Vitamin B1: 0.14mg (9.23%), Vitamin B5: 0.88mg (8.8%), Vitamin B2: 0.14mg (8.36%), Vitamin B3: 1.59mg (7.94%), Magnesium: 31.72mg (7.93%), Iron: 1mg (5.55%), Vitamin E: 0.79mg (5.24%), Selenium: 3.4µg (4.86%), Zinc: 0.68mg (4.56%), Calcium: 43.31mg (4.33%),

Copper: 0.08mg (3.75%)