



Creamy Corn Chowder

READY IN



45 min.

SERVINGS



8

CALORIES



243 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 slices bacon cut into 1-inch pieces
- 1 bay leaf
- 2 stalks celery chopped
- 6 cups chicken broth
- 1 lb corn kernels frozen thawed
- 1 teaspoon thyme leaves dried
- 0.3 cup flour all-purpose
- 1 cup half-and-half
- 1 medium onion chopped

- 1 medium bell pepper red seeded chopped
- 3 medium potatoes diced red
- 8 servings salt and pepper

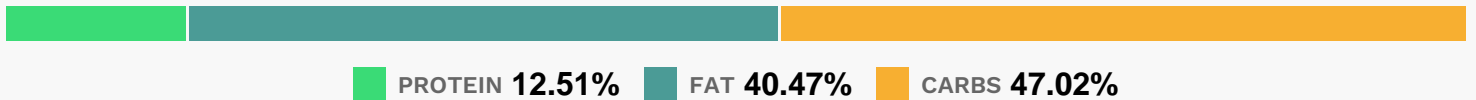
Equipment

- pot

Directions

- In a 4-quart soup pot, cook bacon over medium-high heat, stirring, until brown and crispy, about 5 minutes.
- Pour off all but 2 Tbsp. fat.
- Add onion, celery and bell pepper and cook, stirring, until softened, 4 to 5 minutes.
- Add potatoes, corn, thyme, salt and pepper. Stir to combine.
- Sprinkle flour over mixture and stir until thickened and fragrant, about 3 minutes.
- Slowly pour in broth, stirring constantly until smooth.
- Add bay leaf; bring to a boil. Reduce heat; simmer until potatoes are tender, 25 minutes.
- Remove bay leaf and stir in half-and-half. Cook until warmed through.

Nutrition Facts



Properties

Glycemic Index:20.75, Glycemic Load:3.39, Inflammation Score:-7, Nutrition Score:11.41304357933%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg

Nutrients (% of daily need)

Calories: 243.02kcal (12.15%), Fat: 11.34g (17.44%), Saturated Fat: 4.54g (28.38%), Carbohydrates: 29.64g (9.88%), Net Carbohydrates: 26.25g (9.55%), Sugar: 6.91g (7.68%), Cholesterol: 25mg (8.33%), Sodium: 1115.29mg (48.49%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.88g (15.77%), Vitamin C: 28.48mg (34.53%), Potassium: 626.76mg (17.91%), Vitamin B2: 0.3mg (17.62%), Manganese: 0.35mg (17.6%), Vitamin B1: 0.24mg (15.69%), Vitamin B3: 3.07mg (15.37%), Phosphorus: 150.5mg (15.05%), Folate: 59.21µg (14.8%), Vitamin B6: 0.29mg (14.31%), Fiber: 3.39g (13.55%), Vitamin A: 664.26IU (13.29%), Selenium: 7.62µg (10.89%), Magnesium: 37.41mg (9.35%), Copper: 0.18mg (9.1%), Vitamin K: 8.58µg (8.17%), Iron: 1.46mg (8.1%), Vitamin B5: 0.73mg (7.3%), Zinc: 1mg (6.67%), Calcium: 61.5mg (6.15%), Vitamin E: 0.55mg (3.69%), Vitamin B12: 0.18µg (2.92%)