



Creamy Corn & Frank Chowder

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



47 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.1 tsp pepper black
- 2 Tbsp butter
- 14.8 oz regular corn cream-style canned
- 0.5 cup pasilla peppers green chopped
- 1 cup milk
- 16 oz oscar mayer selects uncured hardwood turkey franks smoked cut into 1/2-inch-thick slices
- 0.5 cup onions chopped
- 8 oz velveeta cut into 1/2-inch cubes

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Equipment

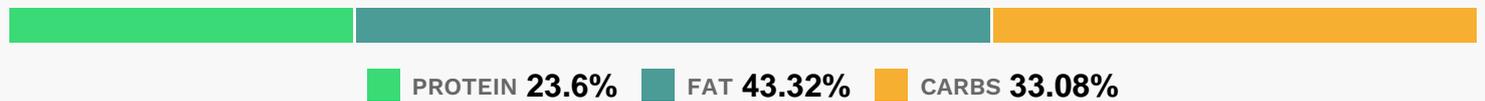
sauce pan

Directions

Cook and stir franks, green peppers and onions in butter in large saucepan on medium-high heat 5 to 7 min. or until vegetables are crisp-tender, stirring frequently.

Add remaining ingredients; mix well. Simmer on low heat 10 min. or until VELVEETA is completely melted and mixture is well blended, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:3.57, Glycemic Load:0.21, Inflammation Score:-1, Nutrition Score:1%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 47.4kcal (2.37%), Fat: 2.44g (3.75%), Saturated Fat: 0.77g (4.83%), Carbohydrates: 4.19g (1.4%), Net Carbohydrates: 3.93g (1.43%), Sugar: 1.32g (1.46%), Cholesterol: 11.56mg (3.85%), Sodium: 193.6mg (8.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.99g (5.98%), Vitamin C: 2.77mg (3.35%), Calcium: 17.65mg (1.76%), Folate: 6.76µg (1.69%), Phosphorus: 16.82mg (1.68%), Vitamin A: 66.16IU (1.32%), Iron: 0.22mg (1.22%), Vitamin B2: 0.02mg (1.2%), Potassium: 39.62mg (1.13%), Vitamin B6: 0.02mg (1.13%), Fiber: 0.26g (1.03%)