



Creamy Southwest Chicken and Corn Chowder

READY IN



30 min.

SERVINGS



6

CALORIES



574 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 24 oz regular corn frozen
- 19 oz burrito sized tortillas frozen with garlic & herb sauce
- 1 tablespoon vegetable oil
- 0.5 cup onion chopped
- 1 cup chicken broth (from 32-oz carton)
- 2 cups chicken shredded cooked
- 4 oz chilis green chopped canned
- 12 oz evaporated milk canned

- 1 serving cream sour
- 1 serving spring onion chopped

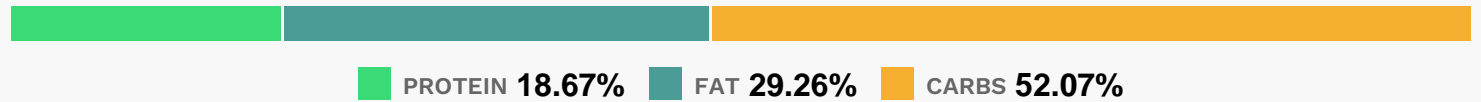
Equipment

- sauce pan

Directions

- Cook frozen vegetables as directed on bags, using minimum cook time.
- In 6-quart saucepan, heat oil over medium heat. Cook onion in oil until tender.
- Add remaining chowder ingredients including cooked vegetables with sauce.
- Heat just to boiling, stirring frequently. Reduce heat to low; simmer uncovered about 20 minutes or until vegetables are tender.
- Serve hot with toppings.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:25.99, Inflammation Score:-7, Nutrition Score:22.940434751303%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 574.02kcal (28.7%), Fat: 19.06g (29.32%), Saturated Fat: 6.86g (42.85%), Carbohydrates: 76.28g (25.43%), Net Carbohydrates: 69.85g (25.4%), Sugar: 15g (16.66%), Cholesterol: 53.41mg (17.8%), Sodium: 978.62mg (42.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.36g (54.72%), Vitamin B3: 9.89mg (49.46%), Phosphorus: 486.35mg (48.64%), Selenium: 33.39µg (47.7%), Vitamin B1: 0.63mg (41.99%), Vitamin B2: 0.6mg (35.42%), Manganese: 0.68mg (34.06%), Folate: 130.84µg (32.71%), Calcium: 302.23mg (30.22%), Iron: 4.76mg (26.47%), Fiber: 6.44g (25.75%), Vitamin B6: 0.47mg (23.52%), Potassium: 691.22mg (19.75%), Vitamin B5: 1.9mg (19.04%), Magnesium: 75.52mg (18.88%), Vitamin C: 14.97mg (18.15%), Zinc: 2.4mg (16.02%), Vitamin K: 13.58µg (12.93%), Vitamin A: 500.17IU (10%), Copper: 0.2mg (9.84%), Vitamin B12: 0.24µg (3.97%), Vitamin E: 0.41mg (2.73%)