



Creamy Southwestern Corn Chowder

 Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



303 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons butter
- 0.5 cup onion chopped (1 medium)
- 0.3 cup flour all-purpose
- 1.8 cups chicken broth (from 32-oz carton)
- 0.5 teaspoon salt
- 0.3 teaspoon pepper black
- 0.1 teaspoon ground pepper red (cayenne)
- 11 oz corn southwestern style undrained canned

- 2 tablespoons chives fresh chopped
- 1 serving chives fresh for garnish, if desired
- 0.5 cup frangelico

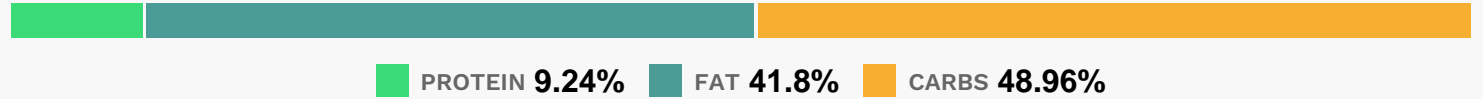
Equipment

- sauce pan

Directions

- In 2-quart saucepan, melt butter over medium heat.
- Add onion; cook 3 to 5 minutes, stirring occasionally, until tender.
- Stir in flour until well blended. Gradually stir in broth. Stir in salt, black pepper and red pepper; heat to boiling. Reduce heat; cook, stirring frequently, until thickened.
- Stir in half-and-half, corn and 2 tablespoons chives. Cook until thoroughly heated.
- Serve sprinkled with additional chives.

Nutrition Facts



Properties

Glycemic Index:128, Glycemic Load:9.52, Inflammation Score:-7, Nutrition Score:8.1513043616129%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.24mg, Isorhamnetin: 2.24mg, Isorhamnetin: 2.24mg, Isorhamnetin: 2.24mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.29mg, Quercetin: 8.29mg, Quercetin: 8.29mg, Quercetin: 8.29mg

Nutrients (% of daily need)

Calories: 303.33kcal (15.17%), Fat: 14.18g (21.82%), Saturated Fat: 2.76g (17.25%), Carbohydrates: 37.37g (12.46%), Net Carbohydrates: 36.09g (13.12%), Sugar: 2.7g (3%), Cholesterol: 4.11mg (1.37%), Sodium: 1732.52mg (75.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.05g (14.1%), Folate: 85.4µg (21.35%), Manganese: 0.39mg (19.45%), Vitamin B2: 0.24mg (14.32%), Vitamin A: 711.43IU (14.23%), Vitamin B1: 0.21mg (14.16%), Vitamin B3: 2.67mg (13.38%), Phosphorus: 106.64mg (10.66%), Vitamin C: 7.77mg (9.42%), Selenium: 6.38µg (9.11%), Potassium: 315.2mg (9.01%), Vitamin K: 8.17µg (7.78%), Iron: 1.39mg (7.73%), Magnesium: 29.17mg (7.29%), Copper: 0.13mg

(6.35%), Zinc: 0.79mg (5.23%), Fiber: 1.29g (5.15%), Vitamin E: 0.58mg (3.87%), Vitamin B6: 0.06mg (3.24%), Calcium: 31.96mg (3.2%), Vitamin B5: 0.16mg (1.63%)