



Creamy Southwestern Corn Chowder

READY IN



25 min.

SERVINGS



2

CALORIES



383 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black
- 2 tablespoons butter
- 11 oz corn southwestern style undrained canned
- 1.8 cups chicken broth (from 32-oz carton)
- 2 servings chives fresh for garnish, if desired
- 0.3 cup flour all-purpose
- 2 tablespoons chives fresh chopped
- 0.1 teaspoon ground pepper red (cayenne)
- 0.5 cup half and half

0.5 cup onion chopped (1 medium)

0.5 teaspoon salt

Equipment

sauce pan

Directions

In 2-quart saucepan, melt butter over medium heat.

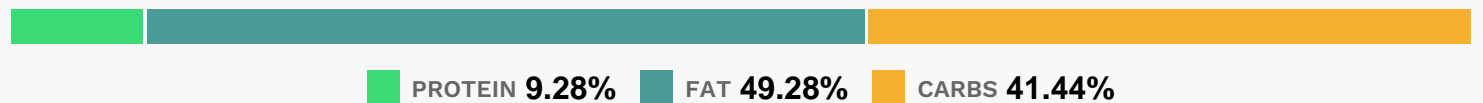
Add onion; cook 3 to 5 minutes, stirring occasionally, until tender.

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:9.53, Inflammation Score:-7, Nutrition Score:10.068260949591%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.31mg, Quercetin: 8.31mg, Quercetin: 8.31mg

Nutrients (% of daily need)

Calories: 382.73kcal (19.14%), Fat: 21.14g (32.52%), Saturated Fat: 7.01g (43.84%), Carbohydrates: 40g (13.33%), Net Carbohydrates: 38.7g (14.07%), Sugar: 5.21g (5.79%), Cholesterol: 25.29mg (8.43%), Sodium: 1769.44mg (76.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.96g (17.92%), Folate: 87.74µg (21.94%), Vitamin B2: 0.36mg (21.26%), Manganese: 0.39mg (19.57%), Vitamin A: 947.36IU (18.95%), Phosphorus: 164.4mg (16.44%), Vitamin B1: 0.23mg (15.4%), Vitamin B3: 2.74mg (13.72%), Selenium: 8.32µg (11.88%), Potassium: 396.54mg (11.33%), Vitamin C: 8.6mg (10.43%), Calcium: 97.15mg (9.72%), Vitamin K: 10.02µg (9.55%), Magnesium: 35.43mg (8.86%), Iron: 1.43mg (7.94%), Zinc: 1.02mg (6.83%), Copper: 0.13mg (6.66%), Fiber: 1.3g (5.2%), Vitamin E: 0.73mg (4.89%), Vitamin B6: 0.1mg (4.78%), Vitamin B5: 0.34mg (3.39%), Vitamin B12: 0.17µg (2.83%)