



Creamy Vegetable Chowder

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



250 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounce baby corn blend frozen
- 1 tablespoon garlic-herb seasoning salt-free
- 1 teaspoon ginger/garlic paste
- 4 cups milk 1% low-fat
- 1.3 cups potato flakes instant
- 0.5 teaspoon salt
- 3 ounces sharp cheddar cheese shredded

Equipment

sauce pan

Directions

- Place baby corn blend under running hot water 1 minute to thaw partially.
- Combine baby corn blend, milk, and next 3 ingredients in a large saucepan. Bring mixture to a simmer over medium heat; slowly stir in potato flakes. Cook, uncovered over medium heat, stirring constantly, 5 minutes or until slightly thickened.
- Add cheese; stir until cheese melts.

Nutrition Facts

 **PROTEIN 18.83%**  **FAT 27.97%**  **CARBS 53.2%**

Properties

Glycemic Index:18.75, Glycemic Load:7.97, Inflammation Score:-6, Nutrition Score:12.744782639586%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 250.22kcal (12.51%), Fat: 8.17g (12.57%), Saturated Fat: 4.16g (26.01%), Carbohydrates: 34.96g (11.65%), Net Carbohydrates: 32.3g (11.75%), Sugar: 11.71g (13.01%), Cholesterol: 24.12mg (8.04%), Sodium: 372.17mg (16.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.38g (24.75%), Phosphorus: 305.96mg (30.6%), Calcium: 305.73mg (30.57%), Vitamin B2: 0.34mg (20.03%), Vitamin B1: 0.29mg (19.28%), Vitamin B12: 1.11µg (18.5%), Vitamin C: 14.54mg (17.63%), Potassium: 566.51mg (16.19%), Vitamin B6: 0.31mg (15.65%), Vitamin B5: 1.49mg (14.9%), Selenium: 9.26µg (13.23%), Vitamin A: 650.68IU (13.01%), Magnesium: 50.83mg (12.71%), Vitamin D: 1.82µg (12.1%), Zinc: 1.76mg (11.75%), Vitamin B3: 2.25mg (11.23%), Fiber: 2.66g (10.63%), Manganese: 0.17mg (8.35%), Folate: 29.29µg (7.32%), Copper: 0.07mg (3.3%), Iron: 0.53mg (2.94%), Vitamin K: 1.9µg (1.81%), Vitamin E: 0.21mg (1.4%)