



Curried Chicken Corn Chowder

READY IN



45 min.

SERVINGS



6

CALORIES



407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 tablespoon butter
- ☐ 6 cups chicken stock see white
- ☐ 1 pound chicken breast shredded cooked
- ☐ 2 teaspoons curry powder
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 5 cups corn kernels fresh (7 ears)
- ☐ 2 tablespoons jalapeno seeded chopped

- ☐ 0.5 cup milk 2% reduced-fat
- ☐ 2 cups onion chopped
- ☐ 1.5 teaspoons salt

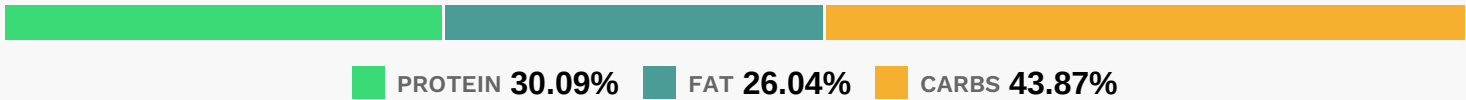
Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk
- ☐ measuring cup
- ☐ dutch oven

Directions

- ☐ Melt butter in a Dutch oven over medium heat.
- ☐ Add onion and jalapeo, and cook 10 minutes, stirring frequently.
- ☐ Add curry, and cook 30 seconds, stirring constantly.
- ☐ Add stock and corn, and bring to a boil, stirring occasionally. Reduce heat; simmer 15 minutes.
- ☐ Lightly spoon flour into a dry measuring cup, and level with a knife.
- ☐ Place flour in a small bowl; gradually add milk, stirring with a whisk until well blended to form a slurry. Stir slurry into corn mixture, and bring to a boil. Cook for 3 minutes or until mixture thickens, stirring frequently. Stir in chicken, cilantro, salt, and black pepper.

Nutrition Facts



Properties

Glycemic Index:42.17, Glycemic Load:6.94, Inflammation Score:-7, Nutrition Score:19.962173886921%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.55mg, Quercetin: 11.55mg, Quercetin: 11.55mg, Quercetin: 11.55mg

Nutrients (% of daily need)

Calories: 406.62kcal (20.33%), Fat: 12.08g (18.59%), Saturated Fat: 4.04g (25.24%), Carbohydrates: 45.8g (15.27%), Net Carbohydrates: 41.76g (15.19%), Sugar: 14.88g (16.53%), Cholesterol: 70.49mg (23.5%), Sodium: 1026.92mg (44.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.4g (62.81%), Vitamin B3: 12.68mg (63.42%), Selenium: 29.07µg (41.52%), Phosphorus: 367.18mg (36.72%), Vitamin B6: 0.68mg (33.76%), Vitamin B1: 0.44mg (29.11%), Vitamin B2: 0.49mg (28.93%), Potassium: 898.13mg (25.66%), Folate: 99.74µg (24.93%), Vitamin C: 18.93mg (22.94%), Magnesium: 82.99mg (20.75%), Manganese: 0.41mg (20.62%), Vitamin B5: 1.81mg (18.08%), Fiber: 4.03g (16.13%), Iron: 2.89mg (16.07%), Zinc: 2.34mg (15.62%), Copper: 0.29mg (14.37%), Vitamin A: 464.96IU (9.3%), Calcium: 62.16mg (6.22%), Vitamin K: 5.91µg (5.63%), Vitamin B12: 0.33µg (5.46%), Vitamin E: 0.58mg (3.89%)