



Depression Era Corn Chowder

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



525 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter
- 29 ounce chicken broth canned
- 24 fluid ounce evaporated milk canned
- 3 cups potatoes diced
- 8 servings salt and pepper to taste
- 1 large onion diced white
- 30 ounce kernel corn whole canned

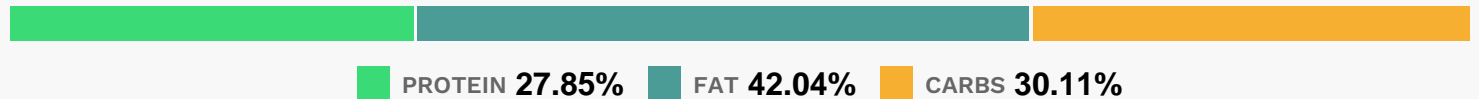
Equipment

pot

Directions

- In a large pot over medium heat, combine broth, corn, onion and potatoes. Bring to a boil, then reduce heat, cover and simmer 15 to 20 minutes, until potatoes are just tender.
- Stir in evaporated milk and butter until butter is just melted. Season with salt and pepper and serve at once.

Nutrition Facts



Properties

Glycemic Index:20.09, Glycemic Load:10.46, Inflammation Score:-7, Nutrition Score:16.624782593354%

Flavonoids

Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg

Nutrients (% of daily need)

Calories: 524.5kcal (26.23%), Fat: 24.31g (37.4%), Saturated Fat: 11.51g (71.92%), Carbohydrates: 39.19g (13.06%), Net Carbohydrates: 37.14g (13.5%), Sugar: 10.32g (11.47%), Cholesterol: 97.44mg (32.48%), Sodium: 1022.74mg (44.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.24g (72.47%), Phosphorus: 433.5mg (43.35%), Selenium: 21.37µg (30.54%), Calcium: 264.2mg (26.42%), Potassium: 910.57mg (26.02%), Zinc: 3.82mg (25.46%), Vitamin B2: 0.43mg (25.44%), Vitamin B6: 0.49mg (24.74%), Vitamin C: 20.39mg (24.72%), Vitamin B3: 4.32mg (21.62%), Vitamin B12: 1.19µg (19.76%), Magnesium: 72.69mg (18.17%), Folate: 56.43µg (14.11%), Iron: 2.4mg (13.31%), Vitamin A: 632.23IU (12.64%), Manganese: 0.21mg (10.5%), Copper: 0.19mg (9.55%), Vitamin B1: 0.13mg (8.65%), Vitamin B5: 0.83mg (8.33%), Fiber: 2.05g (8.2%), Vitamin K: 5.13µg (4.88%), Vitamin E: 0.7mg (4.68%), Vitamin D: 0.19µg (1.28%)