



Doc's Corn-and-Potato Chowder

 Gluten Free

READY IN



70 min.

SERVINGS



8

CALORIES



287 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons butter
- ☐ 10.8 oz cream of mushroom soup with roasted garlic canned
- ☐ 12 oz evaporated milk canned
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.5 cup green onions thinly sliced
- ☐ 8 servings garnish: green onions thinly sliced
- ☐ 1 tsp hot sauce
- ☐ 2 cups milk

- ☐ 10 oz onion diced green red frozen
- ☐ 8 servings salt and pepper to taste
- ☐ 11 oz yellow-and-white kernel corn whole drained canned
- ☐ 1 cup onion yellow chopped
- ☐ 2 lb yukon gold potatoes diced peeled

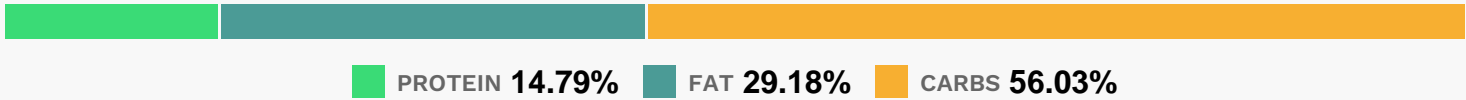
Equipment

- ☐ bowl
- ☐ dutch oven

Directions

- ☐ Bring potatoes and water to cover to a boil in a Dutch oven over medium-high heat. Cook potatoes 10 to 15 minutes or until tender.
- ☐ Drain and place in a large bowl.
- ☐ Melt butter in Dutch oven over medium-high heat. Stir in frozen vegetables and chopped yellow onion; saut onion mixture 6 to 8 minutes or until tender.
- ☐ Add 2 cups milk, next 6 ingredients, and potatoes. Reduce heat to medium, and bring to a boil; reduce heat to low, and simmer, stirring occasionally, 15 minutes or until thoroughly heated. Season with salt and pepper to taste.
- ☐ Let stand 10 minutes before serving.
- ☐ Garnish, if desired.
- ☐ Note: For testing purposes only, we used McKenzie's Seasoning Blend for diced onion, red and green bell pepper, and celery and Campbell's Cream of Mushroom with Roasted Garlic Soup.
- ☐ Corn-and-Potato Seafood Chowder: Prepare recipe as directed through Step Omit 2 cups milk in Step 3, and add 1 lb. fresh crabmeat, drained, and 2 (6 1/2-oz.) cans minced clams, undrained, with evaporated milk, next 5 ingredients, and potatoes. Proceed with recipe as directed.

Nutrition Facts



Properties

Glycemic Index:38.09, Glycemic Load:16.29, Inflammation Score:-7, Nutrition Score:17.948695649271%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 1.68mg, Luteolin: 1.68mg, Luteolin: 1.68mg, Luteolin: 1.68mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 6.95mg, Quercetin: 6.95mg, Quercetin: 6.95mg, Quercetin: 6.95mg

Nutrients (% of daily need)

Calories: 286.72kcal (14.34%), Fat: 9.68g (14.89%), Saturated Fat: 5.48g (34.27%), Carbohydrates: 41.83g (13.94%), Net Carbohydrates: 36.93g (13.43%), Sugar: 13.1g (14.55%), Cholesterol: 29.08mg (9.69%), Sodium: 582.58mg (25.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.04g (22.08%), Vitamin C: 58.95mg (71.46%), Vitamin K: 39.27µg (37.4%), Vitamin B6: 0.57mg (28.5%), Phosphorus: 278.1mg (27.81%), Potassium: 973.52mg (27.81%), Manganese: 0.47mg (23.32%), Calcium: 220.59mg (22.06%), Fiber: 4.9g (19.61%), Vitamin B2: 0.33mg (19.16%), Magnesium: 66.71mg (16.68%), Vitamin B1: 0.22mg (14.97%), Copper: 0.27mg (13.54%), Vitamin B3: 2.6mg (13.01%), Vitamin B5: 1.27mg (12.74%), Folate: 48.09µg (12.02%), Vitamin A: 587.71IU (11.75%), Zinc: 1.67mg (11.16%), Iron: 1.83mg (10.15%), Vitamin B12: 0.46µg (7.74%), Vitamin D: 0.71µg (4.76%), Selenium: 3µg (4.28%), Vitamin E: 0.43mg (2.89%)