



Easiest Corn and Potato Chowder

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



4

CALORIES



133 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 14 ounce regular corn cream-style canned
- 10.8 ounce condensed cream of potato soup canned
- 0.5 cup ham diced
- 1 tablespoon parsley fresh chopped
- 2 tablespoons green onion chopped
- 4 servings salt and ground pepper black to taste
- 10.8 ounce water canned

Equipment

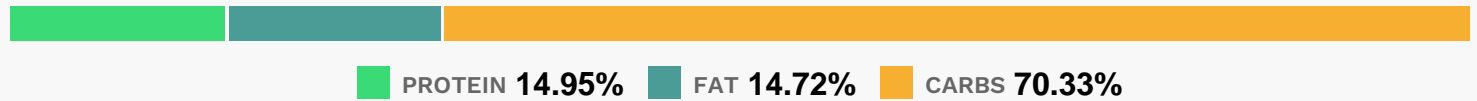
sauce pan

Directions

Stir cream-style corn, potato soup, and water together in a saucepan over medium heat; add diced ham and green onion. Cook soup mixture, stirring occasionally, until completely hot, about 5 minutes.

Remove soup from heat. Stir parsley through the soup; season with salt and black pepper.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.07, Inflammation Score:-3, Nutrition Score:6.2060869880345%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 133.23kcal (6.66%), Fat: 2.37g (3.65%), Saturated Fat: 0.81g (5.05%), Carbohydrates: 25.52g (8.51%), Net Carbohydrates: 23.89g (8.69%), Sugar: 4.83g (5.36%), Cholesterol: 11.44mg (3.81%), Sodium: 910.55mg (39.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.42g (10.85%), Vitamin K: 23.61µg (22.49%), Manganese: 0.32mg (15.76%), Folate: 47.65µg (11.91%), Copper: 0.22mg (11.07%), Phosphorus: 80.64mg (8.06%), Vitamin C: 5.96mg (7.23%), Vitamin B5: 0.72mg (7.2%), Potassium: 231.15mg (6.6%), Vitamin B3: 1.31mg (6.55%), Fiber: 1.63g (6.53%), Zinc: 0.94mg (6.25%), Magnesium: 19.66mg (4.92%), Iron: 0.87mg (4.86%), Vitamin A: 239.93IU (4.8%), Vitamin B2: 0.08mg (4.6%), Vitamin B6: 0.09mg (4.42%), Vitamin B1: 0.05mg (3.18%), Selenium: 1.87µg (2.67%), Calcium: 21.44mg (2.14%)