

Easy Chicken and Corn Chowder

READY IN



70 min.

SERVINGS



8

CALORIES



438 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup butter
- 1 small carrots diced finely
- 1 stalk celery diced
- 2 rotisserie chicken breast halves shredded cooked
- 4 cups chicken stock see divided
- 1.5 cups corn kernels white
- 1.5 cups corn kernels yellow
- 0.5 cup flour all-purpose
- 1 clove garlic minced

- 8 servings salt and ground pepper black to taste
- 2.5 cups half-and-half
- 1 pinch nutmeg
- 1 small onion diced finely
- 4 russet potatoes diced

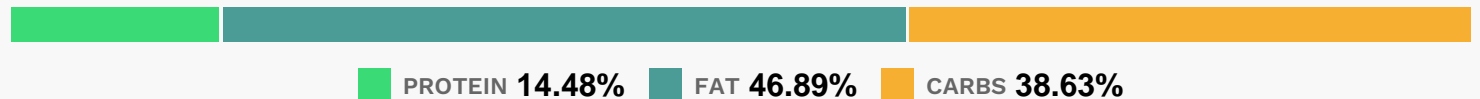
Equipment

- sauce pan
- whisk
- pot

Directions

- Melt butter in a large saucepan over medium heat; cook and stir carrot, celery, onion, and garlic into hot butter until slightly softened, about 2 minutes. Stir flour into mixture to make a paste; cook until lightly browned and flour gives off a slightly toasted smell, about 5 minutes. Watch carefully, flour burns easily.
- Remove saucepan from heat and set aside to cool, about 15 minutes.
- Stir white and yellow corn, potatoes, chicken, and 3 cups of chicken stock in a large soup pot over medium heat.
- Whisk remaining 1 cup chicken stock into vegetables and flour mixture until thoroughly combined. Stir mixture into ingredients in soup pot. Bring to a simmer, stirring constantly, until thick, about 5 minutes.
- Stir half-and-half, nutmeg, salt, and black pepper into chowder. Bring back to a boil, reduce heat to low, and simmer until potatoes are tender, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:55.95, Glycemic Load:19.93, Inflammation Score:-8, Nutrition Score:16.141304355601%

Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 438.2kcal (21.91%), Fat: 23.37g (35.95%), Saturated Fat: 13.39g (83.67%), Carbohydrates: 43.31g (14.44%), Net Carbohydrates: 40.02g (14.55%), Sugar: 9.21g (10.24%), Cholesterol: 78.65mg (26.22%), Sodium: 482.05mg (20.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.23g (32.47%), Vitamin B6: 0.74mg (37.23%), Vitamin B3: 7.2mg (36.01%), Vitamin A: 1730.53IU (34.61%), Phosphorus: 269.2mg (26.92%), Potassium: 916.44mg (26.18%), Selenium: 17.82µg (25.45%), Vitamin B2: 0.42mg (24.69%), Vitamin B1: 0.27mg (17.69%), Manganese: 0.34mg (17.18%), Folate: 66.56µg (16.64%), Magnesium: 56.87mg (14.22%), Fiber: 3.29g (13.15%), Vitamin B5: 1.25mg (12.54%), Vitamin C: 9.61mg (11.64%), Copper: 0.23mg (11.61%), Calcium: 113.62mg (11.36%), Iron: 1.91mg (10.6%), Zinc: 1.24mg (8.3%), Vitamin K: 6.71µg (6.39%), Vitamin E: 0.74mg (4.91%), Vitamin B12: 0.22µg (3.74%)