



Easy Corn and Crab Chowder

READY IN



45 min.

SERVINGS



4

CALORIES



429 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 slices bacon diced
- ☐ 2 tablespoons butter
- ☐ 6 ounce crab meat drained canned
- ☐ 1 cube chicken bouillon
- ☐ 15 ounce corn canned
- ☐ 0.3 cup cooking wine dry white
- ☐ 0.3 cup flour all-purpose
- ☐ 1.5 cups milk
- ☐ 0.5 onion chopped

- ☐ 0.5 teaspoon parsley flakes
- ☐ 1 baking potatoes cubed peeled
- ☐ 4 servings salt and pepper to taste

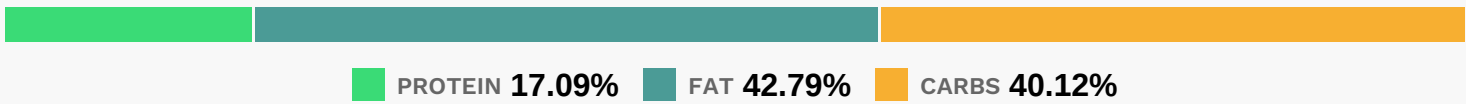
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Wrap potato cubes in plastic wrap, and microwave for 30 seconds. Set aside.
- ☐ In a saute pan, cook bacon over medium heat until heated through, and add chopped onions. Cook and stir until onions are clear. Stir in crab meat and parsley flakes. Set aside.
- ☐ Meanwhile, melt butter in a large stock pot over low heat.
- ☐ Whisk in flour until mixture becomes creamy and takes on a eggshell color. Continue to cook for a few more minutes, stirring occasionally. Stir in wine. Dissolve chicken bouillon in milk; when the flour mixture is crumbly, slowly whisk in the milk.
- ☐ Mix well in order to eliminate all lumps.
- ☐ When the mixture is creamy and hot, stir in bacon mixture, cubed potatoes, and creamed corn. Season with salt and pepper to taste, and simmer for 10 minutes.
- ☐ For a creamy curry variation add 2 tablespoons curry powder after adding the wine to the flour mixture, and substitute cooked, cubed chicken for the bacon.

Nutrition Facts



Properties

Glycemic Index:72.44, Glycemic Load:15.29, Inflammation Score:-6, Nutrition Score:17.616521793863%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 429.43kcal (21.47%), Fat: 20.44g (31.45%), Saturated Fat: 9.15g (57.17%), Carbohydrates: 43.12g (14.37%), Net Carbohydrates: 40.64g (14.78%), Sugar: 8.93g (9.92%), Cholesterol: 85.43mg (28.48%), Sodium: 977.73mg (42.51%), Alcohol: 1.54g (100%), Alcohol %: 0.53% (100%), Protein: 18.37g (36.75%), Selenium: 29.84µg (42.62%), Vitamin B12: 2.06µg (34.33%), Phosphorus: 334.71mg (33.47%), Copper: 0.49mg (24.5%), Folate: 96.92µg (24.23%), Vitamin B6: 0.47mg (23.75%), Vitamin B3: 4.59mg (22.97%), Zinc: 3.16mg (21.06%), Potassium: 710.29mg (20.29%), Vitamin B1: 0.3mg (19.69%), Vitamin B2: 0.32mg (18.95%), Calcium: 170.76mg (17.08%), Magnesium: 65.28mg (16.32%), Manganese: 0.3mg (15.11%), Vitamin B5: 1.35mg (13.47%), Vitamin C: 9.83mg (11.92%), Fiber: 2.49g (9.95%), Iron: 1.75mg (9.7%), Vitamin A: 413.91IU (8.28%), Vitamin E: 1.2mg (7.99%), Vitamin D: 1.12µg (7.44%), Vitamin K: 2.17µg (2.06%)