



Easy Corn and Crab Chowder

READY IN



45 min.

SERVINGS



4

CALORIES



417 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 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

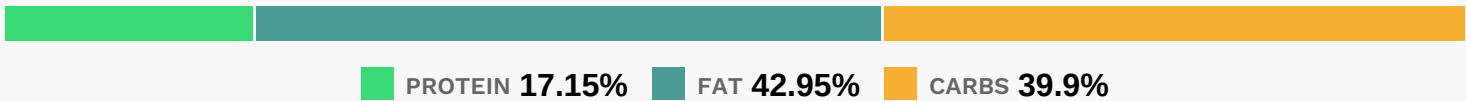
Equipment

- ☐ 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:68.69, Glycemic Load:15.23, Inflammation Score:-6, Nutrition Score:17.478695631027%

Flavonoids

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 Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 417.13kcal (20.86%), Fat: 20.44g (31.45%), Saturated Fat: 9.15g (57.17%), Carbohydrates: 42.73g (14.24%), Net Carbohydrates: 40.25g (14.64%), Sugar: 8.78g (9.76%), Cholesterol: 85.43mg (28.48%), Sodium: 976.98mg (42.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.36g (36.73%), Selenium: 29.82µg (42.6%), Vitamin B12: 2.06µg (34.33%), Phosphorus: 332.01mg (33.2%), Copper: 0.49mg (24.47%), Folate: 96.77µg (24.19%), Vitamin B6: 0.47mg (23.37%), Vitamin B3: 4.58mg (22.89%), Zinc: 3.14mg (20.94%), Potassium: 699.64mg (19.99%), Vitamin B1: 0.29mg (19.64%), Vitamin B2: 0.32mg (18.82%), Calcium: 169.41mg (16.94%), Magnesium: 63.78mg (15.94%), Manganese: 0.28mg (14.23%), Vitamin B5: 1.34mg (13.4%), Vitamin C: 9.83mg (11.92%), Fiber: 2.49g (9.95%), Iron: 1.71mg (9.47%), Vitamin A: 413.91IU (8.28%), Vitamin E: 1.2mg (7.99%), Vitamin D: 1.12µg (7.44%), Vitamin K: 2.11µg (2.01%)