



Easy Vegetarian Corn Chowder

READY IN



35 min.

SERVINGS



6

CALORIES



359 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 tablespoons butter
- 2 tablespoons carrots shredded
- 0.5 cup celery diced
- 30 ounce corn canned
- 6 tablespoons flour all-purpose
- 0.5 teaspoon ground nutmeg
- 0.3 teaspoon ground pepper black
- 1 cup half-and-half cream
- 0.3 cup onion diced

- 1 pinch salt
- 0.8 cup skim milk
- 29 ounce vegetable broth canned
- 15 ounce kernel corn whole drained canned

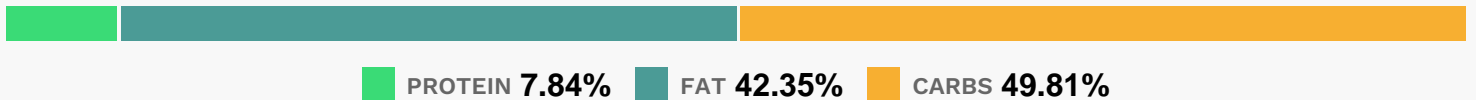
Equipment

- sauce pan
- whisk

Directions

- In a large saucepan over medium heat, melt butter. Cook onions and celery in butter 3 minutes.
- Whisk in flour and cook 6 minutes more, until light brown.
- Whisk in broth and simmer 10 minutes.
- Stir in creamed corn, corn, carrot, half-and-half, milk, nutmeg, pepper and salt. Simmer over low heat 10 minutes more.

Nutrition Facts



Properties

Glycemic Index:68.51, Glycemic Load:5.81, Inflammation Score:-8, Nutrition Score:10.460869478143%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 359.26kcal (17.96%), Fat: 17.8g (27.38%), Saturated Fat: 10.36g (64.74%), Carbohydrates: 47.09g (15.7%), Net Carbohydrates: 44.74g (16.27%), Sugar: 9.66g (10.74%), Cholesterol: 45.14mg (15.05%), Sodium: 1177.86mg (51.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.41g (14.83%), Vitamin A: 1825.72IU (36.51%), Folate: 102.86µg (25.71%), Phosphorus: 190.09mg (19.01%), Vitamin B2: 0.26mg (15.04%), Vitamin B3: 2.53mg (12.65%),

Potassium: 437.23mg (12.49%), Manganese: 0.23mg (11.42%), Magnesium: 44.17mg (11.04%), Vitamin C: 8.43mg (10.22%), Calcium: 100.97mg (10.1%), Vitamin B1: 0.14mg (9.49%), Fiber: 2.35g (9.39%), Zinc: 1.35mg (8.99%), Vitamin B6: 0.15mg (7.63%), Selenium: 5.23µg (7.47%), Iron: 1.12mg (6.25%), Copper: 0.12mg (6.07%), Vitamin B5: 0.57mg (5.73%), Vitamin B12: 0.28µg (4.63%), Vitamin K: 4.82µg (4.59%), Vitamin E: 0.59mg (3.92%), Vitamin D: 0.34µg (2.25%)