



 **27%**
HEALTH SCORE

Potato, Corn and Chicken Chowder

 **Gluten Free**

READY IN



195 min.

SERVINGS



6

CALORIES



447 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings pepper black freshly ground to taste
- 14.5 oz chicken broth low-sodium canned
- 0.5 tablespoon basil fresh finely chopped
- 0.5 tablespoon basil fresh finely chopped
- 2 cups corn frozen cooked
- 0.7 cup cup heavy whipping cream
- 0.3 teaspoon kosher salt
- 3 tablespoons olive oil

- 2 plum tomatoes diced ripe finely
- 2 cups roasted chicken diced shredded cooked
- 1 large onion sweet chopped (such as Vidalia)
- 2.3 lb yukon gold potatoes peeled quartered

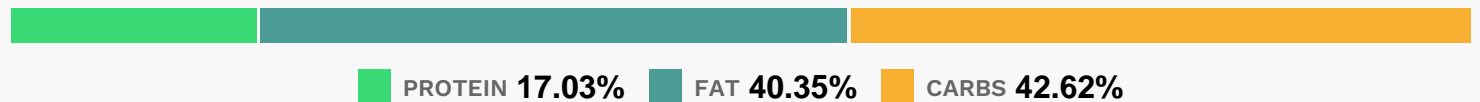
Equipment

- slow cooker

Directions

- Put onion and then potatoes in slow cooker.
- Add broth and 1 1/2 cups water. Cover and cook for 3 hours on high.
- Coarsely mash potatoes; stir in corn, chicken, tomatoes and cream. Cover and let cook until heated through, about 10 minutes. (To make chowder ahead, prepare to this point, let cool, cover and chill for up to 3 days.) Season with pepper to taste.
- Just before serving, stir oil, basil and salt.
- Drizzle basil oil over each serving.

Nutrition Facts



Properties

Glycemic Index:48.96, Glycemic Load:21.98, Inflammation Score:-7, Nutrition Score:18.842608710994%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 2.01mg, Kaempferol: 2.01mg, Kaempferol: 2.01mg, Kaempferol: 2.01mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 9.32mg, Quercetin: 9.32mg, Quercetin: 9.32mg, Quercetin: 9.32mg

Nutrients (% of daily need)

Calories: 447.26kcal (22.36%), Fat: 20.72g (31.88%), Saturated Fat: 8.13g (50.83%), Carbohydrates: 49.26g (16.42%), Net Carbohydrates: 43.2g (15.71%), Sugar: 5.5g (6.11%), Cholesterol: 64.88mg (21.63%), Sodium: 178.16mg

(7.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.68g (39.35%), Vitamin C: 43.17mg (52.32%), Vitamin B6: 0.9mg (44.84%), Vitamin B3: 7.55mg (37.75%), Potassium: 1185.75mg (33.88%), Phosphorus: 290.5mg (29.05%), Fiber: 6.06g (24.23%), Manganese: 0.44mg (21.88%), Selenium: 13.51µg (19.29%), Magnesium: 76.68mg (19.17%), Vitamin B1: 0.26mg (17.16%), Folate: 68.64µg (17.16%), Copper: 0.32mg (16.1%), Vitamin B2: 0.26mg (15.12%), Iron: 2.7mg (14.97%), Vitamin B5: 1.26mg (12.6%), Zinc: 1.83mg (12.2%), Vitamin A: 604.3IU (12.09%), Vitamin K: 11.64µg (11.08%), Vitamin E: 1.39mg (9.3%), Calcium: 62.67mg (6.27%), Vitamin B12: 0.25µg (4.1%), Vitamin D: 0.42µg (2.82%)