



## Gina's Spicy Corn Chowder

READY IN



60 min.

SERVINGS



4

CALORIES



747 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 bay leaf
- 0.3 teaspoon cayenne pepper
- 4 cups chicken stock see
- 0.3 cup flour all-purpose
- 16 ounces regular corn frozen
- 3 cloves garlic finely chopped
- 1 cup heavy cream
- 1 small jalapeño chopped
- 1 medium bell pepper red chopped

- 2 large potatoes diced red scrubbed well
- 4 servings salt and pepper black freshly ground
- 4 pieces thick- bacon chopped
- 1 medium vidalia onion finely chopped

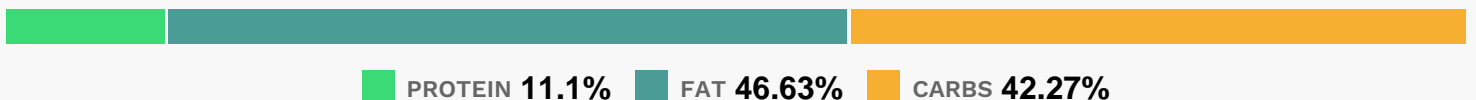
## Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- slotted spoon

## Directions

- In a small saucepan over medium heat, saute the bacon until crisp and browned and the fat is rendered. With a slotted spoon, transfer bacon to paper towel and reserve. There should be about 4 tablespoons of bacon grease in pan.
- Add the onions and red pepper to pan.
- Saute until tender and translucent, about 4 minutes. Season with salt and pepper, to taste.
- Add the jalapeno and garlic and saute until fragrant, about 1 minute. Stir in the flour until thoroughly combined. Cook the flour until it reaches a slight blonde color, about 1 minute. Stir in the chicken stock and the potatoes and simmer for 10 minutes; potatoes will become soft.
- Add the cream, corn, cayenne and bay leaf. Simmer for 15 more minutes.
- Pour into a serving bowl and garnish with the reserved bacon.

## Nutrition Facts



## Properties

Glycemic Index:58.25, Glycemic Load:4.96, Inflammation Score:-9, Nutrition Score:28.983913235042%

## Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg,  
Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg  
Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.98mg,  
Myricetin: 0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg Quercetin: 13.5mg, Quercetin: 13.5mg, Quercetin: 13.5mg,  
Quercetin: 13.5mg

## **Nutrients (% of daily need)**

Calories: 746.85kcal (37.34%), Fat: 40.07g (61.65%), Saturated Fat: 19.48g (121.77%), Carbohydrates: 81.74g  
(27.25%), Net Carbohydrates: 73.63g (26.78%), Sugar: 13.51g (15.02%), Cholesterol: 98.19mg (32.73%), Sodium:  
644.98mg (28.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.45g (42.91%), Vitamin C: 71.88mg  
(87.13%), Vitamin B3: 10.24mg (51.2%), Vitamin B6: 1.02mg (51.18%), Potassium: 1743.96mg (49.83%), Phosphorus:  
405.77mg (40.58%), Vitamin A: 1936.96IU (38.74%), Vitamin B1: 0.58mg (38.62%), Folate: 141.17µg (35.29%),  
Vitamin B2: 0.59mg (34.64%), Manganese: 0.65mg (32.58%), Fiber: 8.1g (32.41%), Selenium: 19.57µg (27.96%),  
Magnesium: 109.18mg (27.29%), Copper: 0.53mg (26.46%), Iron: 3.61mg (20.07%), Zinc: 2.58mg (17.19%), Vitamin  
B5: 1.43mg (14.34%), Vitamin K: 10.41µg (9.92%), Vitamin E: 1.45mg (9.66%), Calcium: 96.39mg (9.64%), Vitamin D:  
1.1µg (7.31%), Vitamin B12: 0.28µg (4.59%)