



## Gramma Brown's Corn Chowder

READY IN



70 min.

SERVINGS



10

CALORIES



308 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 pound bacon
- 14.8 ounce regular corn cream-style canned
- 2 carrots chopped
- 2 stalks celery chopped
- 4 cups chicken broth
- 2 tablespoons flour all-purpose
- 10 servings ground pepper black to taste
- 2 tablespoons butter
- 2 cups milk

- 2 small onion diced
- 6 small potatoes cubed
- 10 servings salt to taste
- 15.3 ounce kernel corn whole canned

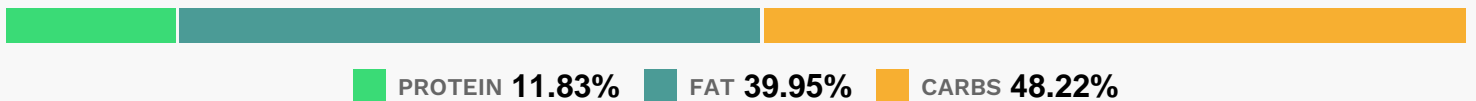
## Equipment

- frying pan
- pot

## Directions

- Fry bacon in pan until almost done.
- Add onions and celery, and saute until lightly browned.
- Transfer to a cooking pot.
- Add cream-style corn, kernel corn, butter, and broth.
- Add carrots and potatoes. Cook for about 15 minutes.
- Mix together flour and a little water to form a paste.
- Add milk and flour paste. You might want to add more flour paste, depending on how thick you like your chowder. Simmer for 30 minutes or until you are ready to eat.
- Add salt and pepper to taste.

## Nutrition Facts



## Properties

Glycemic Index:33.46, Glycemic Load:15.46, Inflammation Score:-9, Nutrition Score:13.626521691032%

## Flavonoids

Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg

3.61mg

## Nutrients (% of daily need)

Calories: 307.7kcal (15.38%), Fat: 13.98g (21.5%), Saturated Fat: 4.57g (28.55%), Carbohydrates: 37.95g (12.65%), Net Carbohydrates: 34.43g (12.52%), Sugar: 6.18g (6.87%), Cholesterol: 22.7mg (7.57%), Sodium: 938.77mg (40.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.31g (18.62%), Vitamin A: 2297.35IU (45.95%), Vitamin C: 24.55mg (29.76%), Vitamin B6: 0.46mg (22.9%), Potassium: 755.06mg (21.57%), Phosphorus: 195.57mg (19.56%), Manganese: 0.32mg (16.18%), Vitamin B3: 3.24mg (16.18%), Vitamin B1: 0.24mg (15.74%), Folate: 57.49µg (14.37%), Fiber: 3.52g (14.08%), Vitamin B2: 0.23mg (13.32%), Magnesium: 49.18mg (12.29%), Selenium: 6.96µg (9.95%), Copper: 0.19mg (9.34%), Calcium: 91.35mg (9.14%), Zinc: 1.25mg (8.32%), Vitamin B5: 0.77mg (7.74%), Iron: 1.37mg (7.62%), Vitamin B12: 0.4µg (6.64%), Vitamin K: 6.26µg (5.96%), Vitamin D: 0.63µg (4.18%), Vitamin E: 0.39mg (2.62%)