



Grandma's Corn Chowder

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



298 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup bacon diced
- 3 cups corn cream-style
- 8 servings pepper black to taste
- 2 cups half and half
- 1 medium onion chopped
- 4 medium potatoes peeled chopped
- 2 teaspoons salt
- 2 cups water

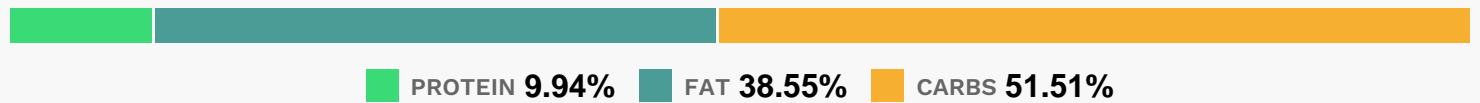
Equipment

- sauce pan
- pot

Directions

- Place the bacon in a large pot over medium-high heat, and cook until crisp.
- Drain and crumble, reserving about 2 tablespoons drippings in the pot.
- Mix potatoes and onion into the pot with the crumbled bacon and reserved drippings. Cook and stir 5 minutes.
- Pour in the water, and stir in corn. Season with salt and pepper. Bring to a boil, reduce heat to low, and cover pot. Simmer 20 minutes, stirring frequently, until potatoes are tender.
- Warm the half-and-half in a small saucepan until it bubbles.
- Remove from heat before it boils, and mix into the chowder just before serving.

Nutrition Facts



Properties

Glycemic Index:17.84, Glycemic Load:13.92, Inflammation Score:-5, Nutrition Score:11.015217205752%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg

Nutrients (% of daily need)

Calories: 297.79kcal (14.89%), Fat: 13.34g (20.53%), Saturated Fat: 6.32g (39.48%), Carbohydrates: 40.12g (13.37%), Net Carbohydrates: 36.37g (13.22%), Sugar: 7.01g (7.79%), Cholesterol: 30.93mg (10.31%), Sodium: 976.64mg (42.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.74g (15.49%), Vitamin C: 26.48mg (32.1%), Vitamin B6: 0.46mg (23.05%), Potassium: 707.67mg (20.22%), Phosphorus: 192.58mg (19.26%), Folate: 62.76µg (15.69%), Fiber: 3.75g (15.02%), Vitamin B3: 2.72mg (13.61%), Manganese: 0.26mg (13.12%), Vitamin B2: 0.22mg (12.84%), Magnesium: 50.79mg (12.7%), Vitamin B1: 0.17mg (11.58%), Copper: 0.19mg (9.66%), Calcium: 86.87mg (8.69%), Zinc: 1.26mg (8.4%), Selenium: 5.69µg (8.12%), Vitamin B5: 0.76mg (7.63%), Iron: 1.33mg (7.39%), Vitamin A:

293.63IU (5.87%), Vitamin B12: 0.19µg (3.15%), Vitamin K: 3.03µg (2.88%), Vitamin E: 0.3mg (1.98%)