



## Grilled Corn and Potato Chowder



Vegetarian



Gluten Free

READY IN



69 min.

SERVINGS



6

CALORIES



250 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 tablespoons butter divided softened
- ☐ 3 tablespoons chives finely chopped
- ☐ 4 ears shucked corn
- ☐ 1.5 teaspoons thyme leaves fresh chopped
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.5 cup half-and-half
- ☐ 3 cups milk 2% reduced-fat

- ☐ 0.8 cup onion finely chopped
- ☐ 1 pound potatoes red quartered
- ☐ 1 tablespoon salt divided
- ☐ 2 thyme sprigs

## Equipment

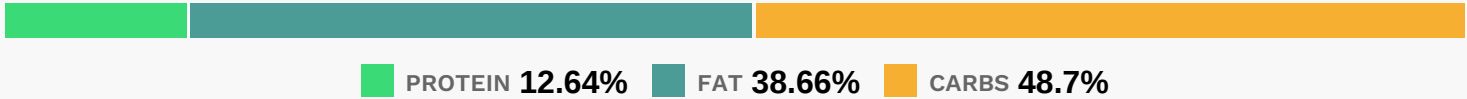
- ☐ food processor
- ☐ sauce pan
- ☐ grill

## Directions

- ☐ Preheat grill to medium-high heat.
- ☐ Place a grill basket on grill.
- ☐ Place potatoes and 2 teaspoons salt in a saucepan; cover with water. Bring to a boil; cook 2 minutes.
- ☐ Remove from heat.
- ☐ Let potatoes stand in hot water 5 minutes.
- ☐ Drain; cut into 1/4-inch cubes.
- ☐ Melt 1 tablespoon butter; brush evenly over corn.
- ☐ Place corn on grill rack coated with cooking spray.
- ☐ Place potatoes in grill basket coated with cooking spray. Grill corn and potatoes 15 minutes or until slightly charred, turning occasionally. Cool corn slightly; cut kernels from cobs.
- ☐ Place 1 cup corn kernels in a food processor; process until smooth.
- ☐ Melt remaining 2 tablespoons butter in a medium saucepan over medium-high heat.
- ☐ Add onion; saut 3 minutes, stirring occasionally.
- ☐ Add remaining 1 teaspoon salt and red pepper; cook for 30 seconds, stirring frequently. Stir in potatoes, remaining corn kernels, pureed corn, milk, half-and-half, and thyme sprigs; bring to a simmer. Reduce heat; simmer 20 minutes, stirring occasionally. Discard thyme sprigs. Stir in chives and remaining ingredients.

- ☐
- Wine note: Our creamy Grilled Corn and Potato Chowder calls for a smooth, full-bodied white, like a French chardonnay. Lulu B. Chardonnay Vin de Pays d'Oc 2008 (\$1
- ☐
- mixes apple fruitiness with buttery and smoky nuances—a perfect match for grilled corn—while the acidity balances the creaminess. --Jeffery Lindenmuth

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:0.49, Inflammation Score:-8, Nutrition Score:11.569130607273%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg

Nutrients (% of daily need)

Calories: 249.97kcal (12.5%), Fat: 11.31g (17.39%), Saturated Fat: 6.74g (42.12%), Carbohydrates: 32.04g (10.68%), Net Carbohydrates: 29.01g (10.55%), Sugar: 12.42g (13.8%), Cholesterol: 31.55mg (10.52%), Sodium: 1299.09mg (56.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.31g (16.63%), Phosphorus: 236.85mg (23.69%), Potassium: 741.48mg (21.19%), Vitamin B2: 0.33mg (19.29%), Calcium: 184.49mg (18.45%), Vitamin C: 14.72mg (17.84%), Manganese: 0.29mg (14.6%), Magnesium: 58.31mg (14.58%), Vitamin B1: 0.22mg (14.52%), Vitamin B6: 0.27mg (13.5%), Folate: 51.35µg (12.84%), Vitamin A: 607.71IU (12.15%), Fiber: 3.03g (12.13%), Vitamin B5: 1.16mg (11.62%), Vitamin B12: 0.68µg (11.26%), Vitamin B3: 2.12mg (10.59%), Zinc: 1.24mg (8.27%), Copper: 0.16mg (8.03%), Vitamin K: 6.94µg (6.61%), Selenium: 4.53µg (6.47%), Iron: 1.14mg (6.33%), Vitamin E: 0.32mg (2.13%)