

## Harvest Corn Chicken Chowder

READY IN



55 min.

SERVINGS



5

CALORIES



318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 teaspoon chicken soup base reduced-sodium
- 1 cup chicken breast strips/pre-cooked/chopped cubed cooked
- 1 cup finely-chopped ham cubed fully cooked
- 0.8 teaspoon thyme dried
- 12 ounces evaporated milk fat-free canned
- 0.3 cup flour all-purpose
- 1.5 cups corn fresh
- 2 garlic clove minced
- 0.8 cup milk 1% divided

- 1 tablespoon olive oil
- 0.5 cup onion chopped
- 0.3 teaspoon pepper
- 0.5 teaspoon poultry seasoning
- 2 cups potatoes - remove skin red cubed
- 0.5 cup bell pepper sweet red chopped
- 0.5 teaspoon salt
- 2 cups water

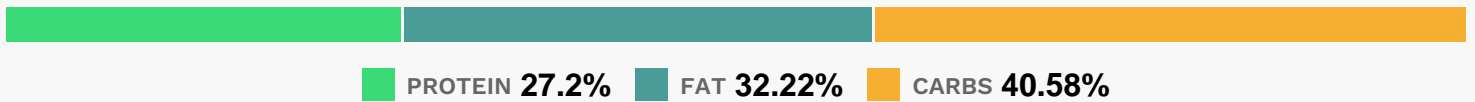
## Equipment

- sauce pan

## Directions

- In a large saucepan, saute onion and red pepper in oil until onion is tender.
- Add ham and garlic; cook 1 minute longer. Stir in the water, potatoes, corn, bouillon, thyme, poultry seasoning, salt and pepper. Bring to a boil. Reduce heat; cover and simmer for 15 minutes or until potatoes are tender.
- Add chicken; heat through. Stir in evaporated milk and 1/2 cup milk; bring to a boil.
- Combine flour and remaining milk until smooth; gradually stir into soup. Cook and stir for 2 minutes or until thickened.

## Nutrition Facts



## Properties

Glycemic Index:39.2, Glycemic Load:4.09, Inflammation Score:-7, Nutrition Score:17.458260878273%

## Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.5mg, Quercetin: 3.5mg, Quercetin: 3.5mg

## Nutrients (% of daily need)

Calories: 318.37kcal (15.92%), Fat: 11.64g (17.91%), Saturated Fat: 4.5g (28.13%), Carbohydrates: 32.99g (11%), Net Carbohydrates: 30.22g (10.99%), Sugar: 10.39g (11.54%), Cholesterol: 61.85mg (20.62%), Sodium: 710.11mg (30.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.12g (44.24%), Vitamin C: 33.44mg (40.53%), Phosphorus: 384.34mg (38.43%), Vitamin B3: 6.56mg (32.79%), Vitamin B2: 0.46mg (26.78%), Vitamin B6: 0.51mg (25.25%), Selenium: 17.58µg (25.11%), Calcium: 249.58mg (24.96%), Vitamin B1: 0.34mg (22.37%), Potassium: 751.19mg (21.46%), Magnesium: 63.07mg (15.77%), Vitamin A: 720.42IU (14.41%), Manganese: 0.28mg (14.03%), Folate: 55.35µg (13.84%), Zinc: 2.05mg (13.7%), Vitamin B5: 1.36mg (13.63%), Vitamin B12: 0.74µg (12.33%), Fiber: 2.78g (11.11%), Iron: 1.86mg (10.35%), Vitamin K: 8.26µg (7.87%), Copper: 0.16mg (7.86%), Vitamin E: 0.86mg (5.72%), Vitamin D: 0.49µg (3.24%)