



Hearty Chicken and Vegetable Chowder

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



238 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon canola oil
- 2 cups meat from a rotisserie chicken diced cooked
- 10.8 ounce campbell's® condensed cream of celery soup healthy request® canned
- 2 tablespoons parsley fresh chopped
- 1 clove garlic minced
- 1 cup nonfat milk
- 1 large onion minced
- 2 medium potatoes diced red

- 1 cup water
- 1 cup kernel corn whole
- 1 large zucchini diced

Equipment

- sauce pan

Directions

- Heat the oil in a 4-quart saucepan over medium-high heat.
- Add the onion and garlic and cook for 2 minutes, stirring occasionally.
- Stir in the soup, milk and water and heat to a boil. Stir in the potatoes, zucchini and corn. Reduce the heat to medium-low. Cook for 35 minutes or until the potatoes are tender, stirring occasionally.
- Stir in the chicken and parsley and cook until the mixture is hot and bubbling.

Nutrition Facts



Properties

Glycemic Index:22.88, Glycemic Load:1.41, Inflammation Score:-6, Nutrition Score:14.414347658987%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 5.9mg, Quercetin: 5.9mg, Quercetin: 5.9mg, Quercetin: 5.9mg

Nutrients (% of daily need)

Calories: 237.59kcal (11.88%), Fat: 8.39g (12.91%), Saturated Fat: 1.74g (10.89%), Carbohydrates: 24.37g (8.12%), Net Carbohydrates: 21.84g (7.94%), Sugar: 6.09g (6.76%), Cholesterol: 41.81mg (13.94%), Sodium: 375.47mg (16.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.63g (33.25%), Vitamin K: 36.75µg (35%), Vitamin B3: 5.16mg (25.82%), Vitamin C: 20.05mg (24.3%), Vitamin B6: 0.47mg (23.3%), Phosphorus: 231.33mg (23.13%), Potassium: 763.28mg (21.81%), Selenium: 13.87µg (19.82%), Manganese: 0.36mg (18.14%), Vitamin B5: 1.41mg (14.14%), Vitamin B2: 0.23mg (13.35%), Magnesium: 48.99mg (12.25%), Copper: 0.24mg (11.79%), Folate: 43.91µg (10.98%), Vitamin B1:

0.16mg (10.84%), Calcium: 101.64mg (10.16%), Fiber: 2.53g (10.12%), Zinc: 1.5mg (9.98%), Iron: 1.73mg (9.64%),
Vitamin A: 471.17IU (9.42%), Vitamin E: 1.2mg (8.01%), Vitamin B12: 0.39µg (6.54%), Vitamin D: 0.45µg (2.99%)