



Lactose Free Corn Chowder



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



182 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup celery chopped
- 1 tablespoon parsley dried
- 2 cups corn kernels fresh
- 0.5 cup green onions chopped
- 0.5 cup leeks sliced
- 1 cup non-dairy creamer
- 5 potatoes cubed peeled
- 8 servings salt and pepper to taste

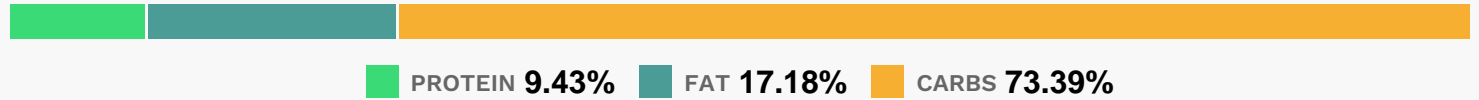
Equipment

pot

Directions

- In a 3 quart pot over high heat, combine the potatoes with enough water to cover. Boil for one hour, adding water to cover potatoes as necessary.
- Add the celery, leeks and scallions and boil for another hour.
- Reduce heat to low, add the corn and parsley and heat through.
- Add the non-dairy creamer just before serving. Enjoy!

Nutrition Facts



Properties

Glycemic Index:22.47, Glycemic Load:17.4, Inflammation Score:-6, Nutrition Score:10.834782584854%

Flavonoids

Apigenin: 11.62mg, Apigenin: 11.62mg, Apigenin: 11.62mg, Apigenin: 11.62mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 182.37kcal (9.12%), Fat: 3.66g (5.64%), Saturated Fat: 0.75g (4.67%), Carbohydrates: 35.21g (11.74%), Net Carbohydrates: 31.02g (11.28%), Sugar: 7.28g (8.09%), Cholesterol: 0mg (0%), Sodium: 240.66mg (10.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.53g (9.05%), Vitamin C: 31.24mg (37.86%), Vitamin K: 26.04µg (24.8%), Vitamin B6: 0.45mg (22.74%), Potassium: 782.47mg (22.36%), Manganese: 0.34mg (16.88%), Fiber: 4.19g (16.74%), Phosphorus: 135.72mg (13.57%), Magnesium: 49.23mg (12.31%), Folate: 49.08µg (12.27%), Vitamin B1: 0.17mg (11.51%), Vitamin B3: 2.17mg (10.83%), Copper: 0.18mg (9.09%), Iron: 1.53mg (8.48%), Vitamin B5: 0.7mg (7%), Vitamin A: 291.52IU (5.83%), Vitamin B2: 0.08mg (4.84%), Zinc: 0.62mg (4.14%), Calcium: 35.2mg (3.52%), Vitamin E: 0.42mg (2.82%), Selenium: 1.13µg (1.61%)