



Leek and Potato Chowder

READY IN



205 min.

SERVINGS



6

CALORIES



573 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 slices bacon crispy cooked chopped
- 6 tablespoons butter divided
- 30 ounce chicken broth canned
- 0.3 cup flour all-purpose
- 6 servings salt and ground pepper black to taste
- 1 cup half-and-half
- 3 leeks
- 5 small potatoes diced red peeled
- 0.5 cup water as needed

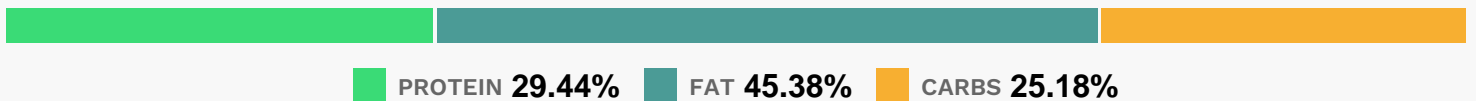
Equipment

- frying pan
- whisk
- slow cooker

Directions

- Clean leeks by cutting off the roots and the tips of the leaves. Make a vertical cut from the root end to the tops, being careful to not cut through completely. The leeks will now open like the pages of a book, and any mud can be cleaned out between the leaves under the faucet. Slice the cleaned leeks into quarter-inch strips.
- Melt half the butter in a skillet over medium-high heat.
- Saute leeks in hot butter until wilted, 3 to 5 minutes; transfer to a slow cooker.
- Melt remaining butter in the same skillet over low heat. Gradually whisk flour into the melted butter until the mixture forms a clump of dough. Slowly stream chicken broth into the skillet, continually whisking until the broth is entirely incorporated; pour over the mixture in the slow cooker.
- Add bacon and potatoes to the slow cooker. Season mixture with salt and pepper; stir.
- Cook on Low until the potatoes are soft, stirring water into the mixture if it gets too thick, at least 2 hours. Stir half-and-half into the mixture and continue cooking for 1 hour more.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:4.66, Inflammation Score:-8, Nutrition Score:20.913043519725%

Flavonoids

Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 573.45kcal (28.67%), Fat: 28.8g (44.3%), Saturated Fat: 13.62g (85.11%), Carbohydrates: 35.95g (11.98%), Net Carbohydrates: 32.57g (11.84%), Sugar: 5.25g (5.84%), Cholesterol: 117.73mg (39.24%), Sodium: 878.16mg (38.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.04g (84.08%), Selenium: 31.79µg (45.41%), Phosphorus: 376.67mg (37.67%), Vitamin B6: 0.65mg (32.56%), Vitamin A: 1496.8IU (29.94%), Vitamin B3: 5.85mg (29.23%), Potassium: 1018.37mg (29.1%), Zinc: 4.36mg (29.04%), Vitamin K: 29.97µg (28.54%), Vitamin B12: 1.55µg (25.78%), Manganese: 0.46mg (23.15%), Iron: 4.11mg (22.84%), Vitamin C: 17.89mg (21.68%), Magnesium: 77.21mg (19.3%), Vitamin B2: 0.31mg (18.48%), Folate: 67.99µg (17%), Copper: 0.33mg (16.63%), Vitamin B1: 0.21mg (14.01%), Fiber: 3.38g (13.5%), Calcium: 108.89mg (10.89%), Vitamin E: 1.32mg (8.79%), Vitamin B5: 0.64mg (6.44%), Vitamin D: 0.15µg (1.02%)