



Macaroni & Cheese Chowder

READY IN



45 min.

SERVINGS



4

CALORIES



608 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

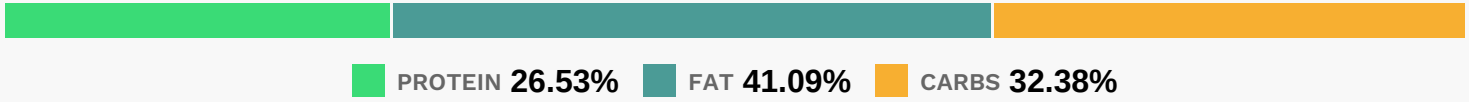
- ☐ 14 oz chicken broth canned
- ☐ 1 cup finely-chopped ham diced cooked
- ☐ 1 cup elbow macaroni uncooked
- ☐ 1 cup corn frozen
- ☐ 1 cup milk
- ☐ 8 oz creamy pimiento cheese
- ☐ 1 cup water

Equipment

Directions

- ☐ Bring broth and water to boil over medium heat.
- ☐ Add macaroni and cook until tender, approximately 12 minutes.
- ☐ Reduce heat to medium-low; stir in remaining ingredients. Simmer and stir until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:1.08, Inflammation Score:-6, Nutrition Score:18.004348091457%

Nutrients (% of daily need)

Calories: 607.75kcal (30.39%), Fat: 26.39g (40.6%), Saturated Fat: 9.15g (57.18%), Carbohydrates: 46.78g (15.59%), Net Carbohydrates: 44.51g (16.18%), Sugar: 9.02g (10.03%), Cholesterol: 108.48mg (36.16%), Sodium: 1422.45mg (61.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.34g (76.69%), Selenium: 47.46µg (67.8%), Phosphorus: 397.95mg (39.79%), Calcium: 307.55mg (30.75%), Vitamin B12: 1.72µg (28.67%), Zinc: 4.15mg (27.66%), Vitamin B3: 4.74mg (23.69%), Vitamin B6: 0.42mg (21.08%), Manganese: 0.4mg (20.09%), Vitamin B2: 0.31mg (18.11%), Vitamin B1: 0.26mg (17.19%), Magnesium: 64.45mg (16.11%), Vitamin C: 13.26mg (16.07%), Vitamin A: 791.49IU (15.83%), Potassium: 522.02mg (14.91%), Iron: 2.27mg (12.59%), Copper: 0.21mg (10.7%), Fiber: 2.28g (9.1%), Vitamin B5: 0.75mg (7.46%), Folate: 25.63µg (6.41%), Vitamin D: 0.77µg (5.13%), Vitamin E: 0.39mg (2.58%), Vitamin K: 2.5µg (2.38%)