



## Mexican Chicken-Corn Chowder

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



741 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 tablespoons butter
- 29.5 ounce regular corn cream-style canned
- 4.5 ounce chiles green undrained chopped canned
- 4 skinned and boned chicken breast halves cut into bite-size pieces (1 1/2 pounds)
- 4 servings garnishes: cilantro fresh chopped
- 2 tablespoons cilantro leaves fresh chopped
- 2 garlic cloves minced
- 0.5 teaspoon ground cumin

- 2 cups half-and-half
- 0.5 teaspoon hot sauce
- 2 cups monterrey jack cheese shredded
- 1 small onion chopped
- 0.3 teaspoon salt

## Equipment

- dutch oven

## Directions

- Melt butter in a Dutch oven over medium-high heat; add chicken, onion, and garlic, and saut 10 minutes. Stir in next 7 ingredients; cook over low heat, stirring often, 15 minutes. Stir in 2 tablespoons cilantro.
- Garnish, if desired.

## Nutrition Facts

**PROTEIN 24.05%** **FAT 51.21%** **CARBS 24.74%**

## Properties

Glycemic Index:38.25, Glycemic Load:0.61, Inflammation Score:-8, Nutrition Score:28.602608483771%

## Flavonoids

Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

## Nutrients (% of daily need)

Calories: 741.1kcal (37.06%), Fat: 43.46g (66.86%), Saturated Fat: 21.85g (136.56%), Carbohydrates: 47.25g (15.75%), Net Carbohydrates: 43.84g (15.94%), Sugar: 12.8g (14.23%), Cholesterol: 164.96mg (54.99%), Sodium: 1475.28mg (64.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.92g (91.85%), Phosphorus: 724.48mg (72.45%), Vitamin B3: 14.23mg (71.13%), Selenium: 49.47µg (70.68%), Calcium: 586.91mg (58.69%), Vitamin B6: 1.16mg (58.22%), Vitamin B2: 0.7mg (41.2%), Folate: 129.16µg (32.29%), Vitamin A: 1491.93IU (29.84%), Vitamin C: 24.18mg (29.31%), Potassium: 982.55mg (28.07%), Zinc: 4.02mg (26.8%), Vitamin B5: 2.52mg (25.23%), Magnesium: 97.02mg (24.25%), Vitamin B12: 0.94µg (15.59%), Fiber: 3.42g (13.67%), Iron: 2.34mg (13.01%), Vitamin B1: 0.18mg (12.3%), Manganese: 0.22mg (11.22%), Copper: 0.18mg (9.13%), Vitamin E: 1.16mg (7.71%), Vitamin K:

4.26µg (4.06%), Vitamin D: 0.45µg (3.01%)