



Mexican Chicken Corn Chowder

 **Gluten Free**

READY IN



55 min.

SERVINGS



8

CALORIES



368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons butter
- 14.8 ounce corn cream-style canned
- 2 cubes chicken bouillon
- 1 clove garlic minced
- 4 ounce chilis diced green canned
- 0.8 teaspoon ground cumin
- 2 cups half and half
- 2 cups monterrey jack cheese shredded

- 0.5 cup onion chopped
- 1 dash hot sauce hot
- 1.5 pounds chicken breast boneless skinless cut into bite-size pieces
- 1 tomatoes chopped
- 1 cup water hot

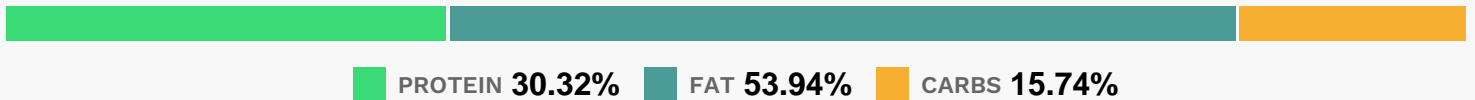
Equipment

- dutch oven

Directions

- In a Dutch oven, brown chicken, onion, and garlic in butter until chicken is no longer pink.
- Dissolve the bouillon in hot water;
- Pour into Dutch oven, and season with cumin. Bring to a boil. Reduce heat to low, cover, and simmer for 5 minutes.
- Stir in cream, cheese, corn, chilies, and hot pepper sauce. Cook, stirring frequently, until the cheese is melted. Stir in chopped tomato.
- Garnish with cilantro.

Nutrition Facts



Properties

Glycemic Index:22.13, Glycemic Load:0.45, Inflammation Score:-6, Nutrition Score:15.994347841843%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg

Nutrients (% of daily need)

Calories: 367.88kcal (18.39%), Fat: 22.32g (34.34%), Saturated Fat: 12.88g (80.5%), Carbohydrates: 14.65g (4.88%), Net Carbohydrates: 13.4g (4.87%), Sugar: 5.17g (5.74%), Cholesterol: 112.04mg (37.35%), Sodium: 535.87mg

(23.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.23g (56.46%), Vitamin B3: 9.67mg (48.35%), Selenium: 33.67µg (48.09%), Phosphorus: 399.09mg (39.91%), Vitamin B6: 0.77mg (38.47%), Calcium: 294.83mg (29.48%), Vitamin B2: 0.35mg (20.77%), Potassium: 560.67mg (16.02%), Vitamin B5: 1.59mg (15.86%), Vitamin A: 775.37IU (15.51%), Vitamin C: 11.54mg (13.99%), Zinc: 1.93mg (12.87%), Magnesium: 49.12mg (12.28%), Folate: 44.83µg (11.21%), Vitamin B12: 0.53µg (8.81%), Vitamin B1: 0.1mg (6.88%), Iron: 1.13mg (6.28%), Fiber: 1.25g (5%), Manganese: 0.09mg (4.75%), Copper: 0.09mg (4.26%), Vitamin E: 0.64mg (4.24%), Vitamin K: 3.3µg (3.14%), Vitamin D: 0.25µg (1.7%)