



Mexican Corn Chowder

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



250 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 chicken breast halves boneless cubed cooked
- ☐ 0.3 cup butter
- ☐ 1 carrots chopped
- ☐ 1 stalk celery chopped
- ☐ 1 cup chicken broth
- ☐ 3.5 cups corn kernels fresh
- ☐ 1 clove garlic minced
- ☐ 2 teaspoons chile pepper green chopped

- ☐ 2 cups milk
- ☐ 1 onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 6 servings salt and pepper to taste

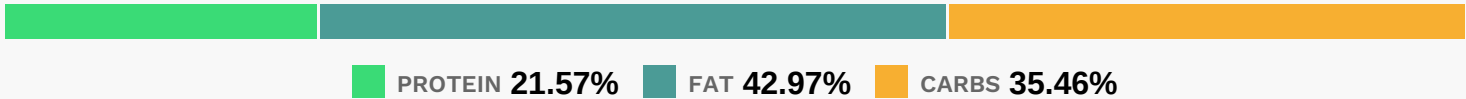
Equipment

- ☐ sauce pan

Directions

- ☐ In a large saucepan over medium heat, melt butter. Cook celery, onion and carrot in butter until onion begins to soften. Stir in garlic, oregano, salt and pepper and cook 2 minutes more. Stir in corn, chicken broth, cooked chicken and chile pepper and let simmer until heated through. Stir in milk and heat gently just before serving.

Nutrition Facts



Properties

Glycemic Index:38.14, Glycemic Load:2.23, Inflammation Score:-9, Nutrition Score:13.768260707026%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

Nutrients (% of daily need)

Calories: 249.61kcal (12.48%), Fat: 12.54g (19.3%), Saturated Fat: 6.89g (43.05%), Carbohydrates: 23.3g (7.77%), Net Carbohydrates: 20.64g (7.5%), Sugar: 10.86g (12.07%), Cholesterol: 54.99mg (18.33%), Sodium: 511.55mg (22.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.17g (28.33%), Vitamin A: 2272.84IU (45.46%), Vitamin B3: 5.76mg (28.81%), Phosphorus: 252.1mg (25.21%), Vitamin B6: 0.46mg (23.07%), Selenium: 14.57µg (20.82%), Potassium: 581.94mg (16.63%), Vitamin B5: 1.53mg (15.33%), Vitamin B1: 0.23mg (15.17%), Vitamin B2: 0.24mg (14.1%), Magnesium: 56.25mg (14.06%), Calcium: 124.04mg (12.4%), Manganese: 0.24mg (11.77%), Folate: 45.94µg (11.48%), Vitamin C: 8.93mg (10.82%), Fiber: 2.66g (10.63%), Vitamin B12: 0.54µg (8.97%), Zinc: 1.06mg (7.04%),

Vitamin K: 6.68µg (6.37%), Vitamin D: 0.93µg (6.22%), Iron: 0.82mg (4.58%), Copper: 0.08mg (4.02%), Vitamin E: 0.56mg (3.71%)