



Midwest Chowder

READY IN



45 min.

SERVINGS



45

CALORIES



47 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 lb baking potatoes peeled finely chopped (3)
- 0.3 cup butter
- 14.8 oz regular corn cream-style canned
- 1 carrots chopped
- 1 stalk celery chopped
- 0.3 cup flour
- 2 cups milk
- 0.3 cup onions chopped
- 1.3 cups cracker barrel sharp cheddar cheese shredded

2 cups water

Equipment

sauce pan

Directions

- Bring vegetables and water to boil in saucepan on high heat. Cover; simmer on low heat 10 min., stirring occasionally.
- Remove from heat. (Do not drain.) Set aside.
- Melt butter in separate large saucepan on low heat. Stir in flour; cook and stir 2 min. or until bubbly. Gradually stir in milk until blended. Bring to boil on medium heat, stirring frequently; cook 1 to 2 min. or until thickened, stirring constantly. Simmer on low heat 5 min.
- Add cheese; cook and stir 2 min. or until melted.
- Add corn and undrained cooked vegetables; cook 5 min. or until heated through, stirring occasionally. (Do not boil.)

Nutrition Facts



Properties

Glycemic Index:7.35, Glycemic Load:2.09, Inflammation Score:-3, Nutrition Score:1.8795652182206%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 46.6kcal (2.33%), Fat: 2.49g (3.83%), Saturated Fat: 1.03g (6.41%), Carbohydrates: 4.87g (1.62%), Net Carbohydrates: 4.54g (1.65%), Sugar: 1.01g (1.12%), Cholesterol: 4.44mg (1.48%), Sodium: 63.52mg (2.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.58g (3.15%), Vitamin A: 331.57IU (6.63%), Calcium: 38.92mg (3.89%), Phosphorus: 37.6mg (3.76%), Vitamin B6: 0.05mg (2.67%), Vitamin B2: 0.04mg (2.5%), Potassium: 82.39mg (2.35%), Folate: 8.1µg (2.02%), Selenium: 1.42µg (2.02%), Magnesium: 6.69mg (1.67%), Zinc: 0.25mg (1.67%), Vitamin B1: 0.02mg (1.64%), Manganese: 0.03mg (1.58%), Vitamin B12: 0.09µg (1.55%), Vitamin C: 1.13mg (1.37%), Vitamin B3:

0.26mg (1.33%), Fiber: 0.33g (1.31%), Vitamin B5: 0.11mg (1.12%), Copper: 0.02mg (1.02%)