



## Mirliton-Corn Chowder

READY IN



45 min.

SERVINGS



14

CALORIES



93 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 2 tablespoons butter
- 9 ounce chiles green chopped canned
- 32 ounce chicken broth
- 0.5 teaspoon chili powder
- 16 ounce kernel corn whole frozen
- 0.3 cup flour all-purpose
- 2 garlic cloves pressed
- 1 teaspoon ground cumin
- 1 to 2 jalapeño peppers seeded chopped

- 2 tablespoons juice of lime
- 2 cups milk
- 4 large mirlitons peeled seeded chopped
- 2 medium onions chopped
- 1 bell pepper red chopped
- 0.5 teaspoon salt

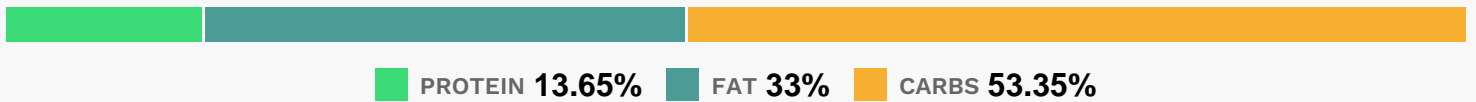
## Equipment

- bowl
- ladle
- dutch oven

## Directions

- Melt butter in a Dutch oven over medium-high heat; add mirliton and next 4 ingredients, and saut 5 minutes or until onion is tender.
- Sprinkle with flour, and cook, stirring constantly, 2 minutes. Gradually add broth, stirring constantly.
- Stir in corn and next 5 ingredients; cook, stirring occasionally, 45 minutes. Stir in lime juice. Ladle into bowls, and sprinkle each serving with cheese and bacon, if desired.
- \* 4 large yellow squash or zucchini, seeded and chopped, may be substituted for mirlitons.

## Nutrition Facts



## Properties

Glycemic Index:17.07, Glycemic Load:2.34, Inflammation Score:-5, Nutrition Score:6.4478260226872%

## Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg Kaempferol: 0.1mg, Kaempferol:

0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin:  
0.01mg Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg

## **Nutrients (% of daily need)**

Calories: 92.97kcal (4.65%), Fat: 3.54g (5.44%), Saturated Fat: 1.1g (6.86%), Carbohydrates: 12.86g (4.29%), Net  
Carbohydrates: 11.32g (4.11%), Sugar: 3.7g (4.11%), Cholesterol: 5.48mg (1.83%), Sodium: 484.05mg (21.05%),  
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.29g (6.58%), Vitamin C: 23.71mg (28.74%), Folate: 65.84µg  
(16.46%), Vitamin A: 453.6IU (9.07%), Manganese: 0.18mg (9.02%), Vitamin B2: 0.13mg (7.85%), Phosphorus:  
71.66mg (7.17%), Calcium: 67.04mg (6.7%), Vitamin B6: 0.13mg (6.45%), Potassium: 224.05mg (6.4%), Fiber: 1.54g  
(6.17%), Vitamin B1: 0.08mg (5.44%), Vitamin B3: 0.99mg (4.95%), Magnesium: 17.85mg (4.46%), Zinc: 0.66mg  
(4.38%), Iron: 0.78mg (4.33%), Copper: 0.08mg (4.08%), Vitamin B12: 0.2µg (3.39%), Vitamin B5: 0.31mg (3.12%),  
Selenium: 1.98µg (2.84%), Vitamin D: 0.38µg (2.56%), Vitamin E: 0.36mg (2.41%), Vitamin K: 2.43µg (2.31%)