



Nonnie's Ham Chowder

READY IN



45 min.

SERVINGS



8

CALORIES



264 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 tablespoons butter
- 1 tablespoon chicken soup base
- 2 cups finely-chopped ham cubed cooked
- 0.3 teaspoon thyme dried
- 3 tablespoons flour all-purpose
- 16 ounce savory vegetable mixed frozen
- 16 ounce savory vegetable mixed frozen
- 0.5 teaspoon pepper black
- 3 cups milk

- 2 potatoes cubed peeled
- 0.5 cup onion sweet chopped vidalia® (such as)

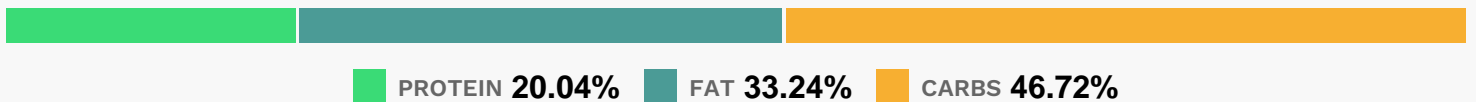
Equipment

- frying pan
- sauce pan
- whisk
- pot

Directions

- Place the potatoes into a large pot; cover with salted water. Bring to a simmer and cook until tender, about 20 minutes.
- Drain, remove from pan, and reserve.
- Melt butter in the saucepan over medium heat. Cook onion in butter until soft, but not brown, about 5 minutes. Stir in the flour, bouillon, pepper, and thyme. Slowly whisk in the milk. Bring to a boil. Cook and stir until thickened to soup consistency.
- Stir in the frozen vegetables, cooked potatoes, and ham. Simmer chowder until hot, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:46.09, Glycemic Load:14.83, Inflammation Score:-9, Nutrition Score:18.922608624334%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 263.72kcal (13.19%), Fat: 10.1g (15.55%), Saturated Fat: 5.03g (31.46%), Carbohydrates: 31.96g (10.65%), Net Carbohydrates: 26.04g (9.47%), Sugar: 5.44g (6.04%), Cholesterol: 42.97mg (14.32%), Sodium: 601.42mg (26.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.71g (27.42%), Vitamin A: 6040.83IU (120.82%), Vitamin C: 29.37mg (35.6%), Phosphorus: 280.46mg (28.05%), Vitamin B1: 0.41mg (27.28%), Fiber: 5.92g (23.67%), Manganese: 0.42mg (21.06%), Vitamin B6: 0.41mg (20.48%), Potassium: 701.24mg (20.04%), Vitamin B2: 0.33mg (19.27%), Vitamin B3: 3.28mg (16.4%), Calcium: 154.97mg (15.5%), Vitamin B12: 0.9µg (15.05%), Magnesium: 58.63mg (14.66%), Selenium: 9.18µg (13.12%), Folate: 50.16µg (12.54%), Zinc: 1.71mg (11.41%), Iron: 1.95mg (10.82%), Copper: 0.21mg (10.38%), Vitamin B5: 0.96mg (9.64%), Vitamin D: 1.01µg (6.71%), Vitamin K: 2.43µg (2.32%), Vitamin E: 0.18mg (1.22%)