



WHATSheATE



Old Fashioned Corn Chowder



Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



274 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 slice bacon sliced
- ☐ 0.3 teaspoon cayenne pepper to taste (or)
- ☐ 4 cup chicken stock see
- ☐ 1 cup half-and-half
- ☐ 1 cup onion cut into ¼-inch dice
- ☐ 1 leaves parsley as garnish

Equipment

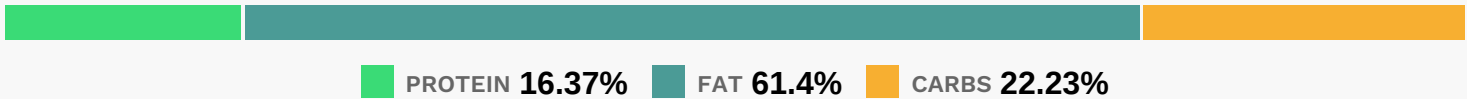
- ☐ bowl

- ☐ paper towels
- ☐ ladle
- ☐ pot
- ☐ slotted spoon
- ☐ immersion blender

Directions

- ☐ Place bacon in small stockpot set over medium-high heat. Cook, stirring occasionally, until bacon is deep golden brown and all the fat has been rendered, about 6 minutes.
- ☐ Remove bacon with slotted spoon, transfer to paper towel, and set aside. Discard all but 2 tablespoons of bacon fat.
- ☐ Add onions, celery, thyme, and salt and pepper to taste to stockpot; cook over medium-low heat until translucent, about 8 minutes.
- ☐ Add the chicken stock, ½ of the potatoes, and the corn cob pieces. Season generously with salt and white pepper. Bring the mixture to a boil then lower the heat to a simmer and cook the mixture until the potatoes soften, about 20 minutes.
- ☐ Add half of the the corn kernels, stirring to combine. Simmer about 3 minutes.
- ☐ Remove from the heat and discard the thyme bundle and corncobs. Then, using an immersion blender, blend until completely pureed. Taste and adjust seasoning if necessary. Return the pot to the heat and add the remaining potatoes cook until tender, 8 to 10 minutes. Turn the heat off.
- ☐ Add the remaining corn kernels, the half-and-half and the cayenne; stir to combine. Adjust seasoning with salt and pepper. Ladle the chowder into 4 bowls and garnish with the reserved crisp bacon pieces and/or parsley.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:0.84, Inflammation Score:-4, Nutrition Score:8.1543478991674%

Flavonoids

Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 273.88kcal (13.69%), Fat: 18.63g (28.67%), Saturated Fat: 7.97g (49.81%), Carbohydrates: 15.18g (5.06%), Net Carbohydrates: 14.46g (5.26%), Sugar: 8g (8.89%), Cholesterol: 42.9mg (14.3%), Sodium: 527.52mg (22.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.18g (22.36%), Vitamin B3: 4.8mg (24.02%), Vitamin B2: 0.35mg (20.67%), Selenium: 11.85µg (16.93%), Phosphorus: 166.07mg (16.61%), Vitamin B6: 0.29mg (14.32%), Potassium: 437.72mg (12.51%), Vitamin B1: 0.18mg (12.13%), Calcium: 82.76mg (8.28%), Copper: 0.16mg (8.04%), Vitamin A: 303.38IU (6.07%), Zinc: 0.91mg (6.04%), Magnesium: 22.6mg (5.65%), Folate: 21.93µg (5.48%), Vitamin K: 5.63µg (5.36%), Vitamin C: 4.41mg (5.35%), Iron: 0.73mg (4.08%), Vitamin B12: 0.22µg (3.75%), Vitamin B5: 0.35mg (3.47%), Fiber: 0.72g (2.89%), Manganese: 0.06mg (2.88%), Vitamin E: 0.37mg (2.43%)