



Oyster-and-Corn Chowder

READY IN



45 min.

SERVINGS



7

CALORIES



162 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup carrots chopped
- ☐ 0.3 cup celery chopped
- ☐ 16 ounce whole-kernel corn frozen
- ☐ 0.3 cup flour all-purpose
- ☐ 7 tablespoons green onions chopped
- ☐ 0.5 teaspoon hot sauce
- ☐ 4 cups milk 2% low-fat
- ☐ 1 tablespoon butter
- ☐ 0.5 cup onion chopped

- ☐ 24 ounce standard oysters undrained
- ☐ 0.1 teaspoon pepper
- ☐ 2 cups potatoes diced red
- ☐ 1 teaspoon salt

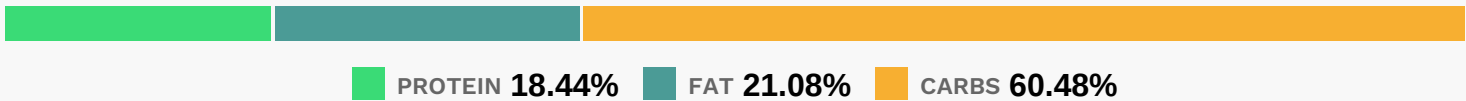
Equipment

- ☐ bowl
- ☐ ladle
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Drain the oysters, reserving the juice, and set oysters aside.
- ☐ Place flour in a small bowl. Gradually add oyster juice, stirring with a wire whisk until blended; set aside.
- ☐ Melt margarine in a Dutch oven over medium heat.
- ☐ Add onion, celery, and carrot, and saut 5 minutes.
- ☐ Add milk and diced potato; bring to a simmer. Cover and cook 10 minutes.
- ☐ Add corn; cover and cook 5 minutes.
- ☐ Add oysters, oyster juice mixture, salt, hot sauce, and pepper; cook, uncovered, 6 minutes or until edges of oysters curl. Ladle into soup bowls, and top with green onions.

Nutrition Facts



Properties

Glycemic Index:34.98, Glycemic Load:3.01, Inflammation Score:-8, Nutrition Score:13.270434887513%

Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg,

Isorhamnetin: 0.57mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg
Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.13mg, Quercetin: 3.13mg,
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Nutrients (% of daily need)

Calories: 161.78kcal (8.09%), Fat: 3.97g (6.11%), Saturated Fat: 1.33g (8.32%), Carbohydrates: 25.62g (8.54%), Net
Carbohydrates: 23.24g (8.45%), Sugar: 10.9g (12.11%), Cholesterol: 10.63mg (3.54%), Sodium: 565.74mg (24.6%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.81g (15.62%), Zinc: 4.77mg (31.83%), Vitamin A: 1471.37IU
(29.43%), Vitamin B12: 1.68µg (27.92%), Phosphorus: 205.4mg (20.54%), Calcium: 192.28mg (19.23%), Vitamin B2:
0.3mg (17.6%), Copper: 0.35mg (17.53%), Vitamin K: 15.61µg (14.87%), Potassium: 484.45mg (13.84%), Folate:
48.32µg (12.08%), Vitamin B1: 0.17mg (11.26%), Manganese: 0.21mg (10.55%), Vitamin D: 1.48µg (9.89%), Selenium:
6.88µg (9.82%), Fiber: 2.39g (9.55%), Magnesium: 35.8mg (8.95%), Vitamin B6: 0.18mg (8.82%), Vitamin B5:
0.87mg (8.67%), Vitamin B3: 1.52mg (7.61%), Vitamin C: 5.58mg (6.76%), Iron: 1.13mg (6.31%), Vitamin E: 0.32mg
(2.16%)