



Papa Dar's Green Chile and Chicken Corn Chowder

 Gluten Free

READY IN



75 min.

SERVINGS



15

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound bacon smoked chopped
- ☐ 0.3 cup butter
- ☐ 32 ounce regular corn cream-style canned
- ☐ 24 ounce mild chile peppers green chopped canned
- ☐ 4 cloves garlic chopped
- ☐ 15 servings salt and ground pepper black to taste
- ☐ 1 pint heavy whipping cream

- ☐ 1 onion chopped
- ☐ 1.5 pounds russet potatoes cubed
- ☐ 2.5 pounds chicken breast halves boneless skinless cubed

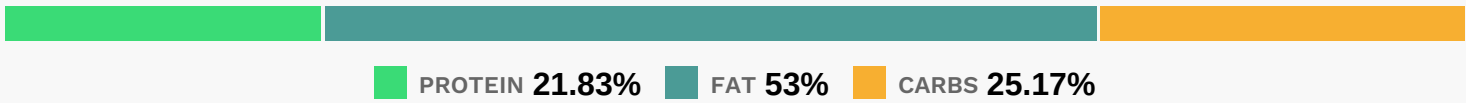
Equipment

- ☐ pot
- ☐ wooden spoon

Directions

- ☐ Place bacon in a large stockpot; cook and stir over medium-high heat until lightly browned, about 10 minutes.
- ☐ Add onion and saute until onion is tender, about 10 minutes.
- ☐ Add garlic and cook until fragrant, about 2 minutes.
- ☐ Stir green chiles into bacon-onion mixture and bring to a simmer; add chicken. Simmer mixture until chicken is almost fully cooked, about 10 minutes.
- ☐ Add potatoes and butter to green chilies-chicken mixture and reduce heat to medium; cook until potatoes are almost tender, 10 to 15 minutes.
- ☐ Stir corn and cream into mixture and reduce heat to medium-low; cook, stirring frequently and scraping bottom of pot with a wooden spoon, until potatoes are tender, about 10 more minutes. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:14.92, Glycemic Load:6.69, Inflammation Score:-6, Nutrition Score:13.850869686707%

Flavonoids

Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 379.61kcal (18.98%), Fat: 22.72g (34.95%), Saturated Fat: 11.7g (73.1%), Carbohydrates: 24.27g (8.09%), Net Carbohydrates: 21.29g (7.74%), Sugar: 4.99g (5.54%), Cholesterol: 102.14mg (34.05%), Sodium: 532.24mg (23.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.05g (42.1%), Vitamin B3: 9.58mg (47.9%), Vitamin B6: 0.83mg (41.56%), Selenium: 28.79µg (41.13%), Phosphorus: 259.03mg (25.9%), Potassium: 625.96mg (17.88%), Vitamin B5: 1.51mg (15.06%), Vitamin C: 12.4mg (15.03%), Vitamin A: 632.51IU (12.65%), Fiber: 2.98g (11.92%), Vitamin B2: 0.2mg (11.68%), Magnesium: 45.57mg (11.39%), Vitamin B1: 0.15mg (10.23%), Folate: 38.19µg (9.55%), Manganese: 0.16mg (8.06%), Zinc: 1.17mg (7.81%), Copper: 0.12mg (5.75%), Iron: 1.03mg (5.74%), Vitamin B12: 0.28µg (4.73%), Vitamin D: 0.64µg (4.27%), Vitamin E: 0.64mg (4.24%), Calcium: 37.55mg (3.76%), Vitamin K: 2.45µg (2.33%)