



## Poblano Chicken Chowder

READY IN



60 min.

SERVINGS



16

CALORIES



234 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 3 large carrots cut into 1/2-inch dice
- 5 stalks celery cut into 1/2-inch pieces
- 3 cups grilled chicken diced (large pieces)
- 1 tablespoon chicken soup base
- 3 quarts chicken broth
- 0.3 teaspoon thyme leaves dried to taste
- 1 cup flour all-purpose
- 0.5 bunch cilantro leaves fresh minced
- 0.1 cup garlic minced

- 0.3 teaspoon ground cumin to taste
- 1 cup heavy cream
- 0.5 teaspoon hot sauce to taste
- 0.3 cup olive oil
- 2 large onions cut into 1/2-inch dice
- 2 small to 3 poblano peppers seeded cut into 1/2-inch dice
- 1 teaspoon salt
- 0.5 cup butter unsalted (1 stick)
- 0.5 teaspoon pepper white

## Equipment

- frying pan
- ladle
- whisk
- pot

## Directions

- Heat the oil in a large stockpot over medium heat.
- Add the carrots, onions, celery, garlic, poblano peppers, salt, white pepper, cumin, and thyme.
- Saute for 7 to 8 minutes, or until the vegetables begin to soften. Stir in the chicken bouillon.
- Add the chicken broth and cilantro, and cook for 10 to 12 minutes, or until the carrots are tender. Stir in the chicken and cook, stirring frequently, until the chowder is thick and the chicken is heated through. Shortly before the chowder is done, melt the butter in a large skillet over medium heat.
- Add the flour and stir to combine. Cook, stirring frequently, for 3 to 4 minutes to cook the flour. Do not allow the mixture to brown! Ladle 1 cup of the hot liquid from the stockpot into the skillet, whisking constantly.
- When the first cup of liquid is incorporated, add another 2 cups of liquid, 1 at a time.
- Pour the mixture in the skillet into the stockpot, whisking to blend. Cook, stirring frequently, for 3 to 5 minutes longer, or until the mixture begins to thicken.

Remove the pot from the heat. Stir in the hot sauce, then the cream, and serve.

## Nutrition Facts

**PROTEIN 16.31%** **FAT 64.2%** **CARBS 19.49%**

### Properties

Glycemic Index:16.11, Glycemic Load:5.31, Inflammation Score:-9, Nutrition Score:9.7026088134102%

### Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg

### Nutrients (% of daily need)

Calories: 233.66kcal (11.68%), Fat: 16.84g (25.9%), Saturated Fat: 8.08g (50.48%), Carbohydrates: 11.5g (3.83%), Net Carbohydrates: 10.18g (3.7%), Sugar: 3.12g (3.46%), Cholesterol: 55.34mg (18.45%), Sodium: 926.97mg (40.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.63g (19.25%), Vitamin A: 2774.45IU (55.49%), Vitamin B3: 3.19mg (15.95%), Selenium: 10.74µg (15.34%), Vitamin B2: 0.24mg (14.01%), Vitamin C: 10.62mg (12.87%), Manganese: 0.23mg (11.61%), Vitamin B6: 0.2mg (10.1%), Vitamin K: 10.3µg (9.81%), Vitamin B1: 0.15mg (9.77%), Phosphorus: 93.85mg (9.39%), Folate: 28.32µg (7.08%), Potassium: 243.01mg (6.94%), Vitamin E: 1.03mg (6.9%), Iron: 1.05mg (5.85%), Fiber: 1.32g (5.28%), Zinc: 0.73mg (4.87%), Vitamin B5: 0.46mg (4.61%), Copper: 0.08mg (4.22%), Magnesium: 16.7mg (4.18%), Calcium: 41.19mg (4.12%), Vitamin B12: 0.15µg (2.47%), Vitamin D: 0.34µg (2.3%)