



Poblano Corn Chowder with Shrimp

READY IN



45 min.

SERVINGS



12

CALORIES



228 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons all purpose flour
- ☐ 4 tablespoons butter room temperature ()
- ☐ 29.5 ounce regular corn cream-style canned
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 3 celery stalks coarsely chopped
- ☐ 16 ounce corn kernels frozen thawed
- ☐ 6 tablespoons cilantro leaves fresh chopped
- ☐ 28 ounce low-salt chicken broth canned
- ☐ 1 medium onion coarsely chopped

- ☐ 2 large poblano chilies seeded chopped
- ☐ 1 pound shrimp deveined uncooked peeled coarsely chopped
- ☐ 2 teaspoons sugar
- ☐ 1 cup whipping cream

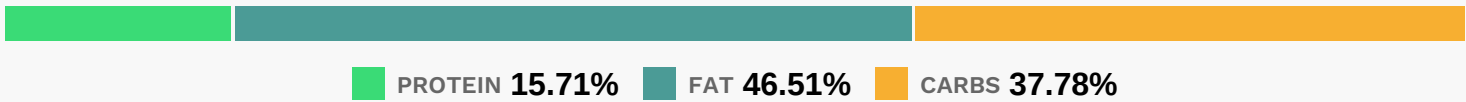
Equipment

- ☐ bowl
- ☐ ladle
- ☐ whisk
- ☐ pot

Directions

- ☐ Mix 2 tablespoons butter and flour in small bowl to blend; set aside.
- ☐ Finely chop onion and celery in processor. Melt 2 tablespoons butter in large pot over medium-high heat.
- ☐ Add onion-celery mixture and chilies; sauté until soft, about 6 minutes.
- ☐ Add creamed corn and next 5 ingredients; bring to boil. Reduce heat.
- ☐ Whisk in butter-flour mixture and simmer 15 minutes to blend flavors.
- ☐ Add shrimp and 4 tablespoons cilantro; simmer until shrimp are cooked through, about 5 minutes longer. Season with salt and pepper.
- ☐ Ladle chowder into bowls.
- ☐ Sprinkle with remaining 2 tablespoons cilantro.
- ☐ * Fresh green chilies, often called pasillas; available at Latin American markets and some supermarkets.

Nutrition Facts



Properties

Glycemic Index:30.26, Glycemic Load:1.61, Inflammation Score:-6, Nutrition Score:8.7026087926782%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg

Nutrients (% of daily need)

Calories: 228.05kcal (11.4%), Fat: 12.55g (19.31%), Saturated Fat: 7.27g (45.45%), Carbohydrates: 22.94g (7.65%), Net Carbohydrates: 21g (7.64%), Sugar: 6.08g (6.75%), Cholesterol: 80.07mg (26.69%), Sodium: 530.53mg (23.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.54g (19.08%), Phosphorus: 185.44mg (18.54%), Vitamin C: 15.19mg (18.41%), Selenium: 12.86µg (18.37%), Folate: 58.4µg (14.6%), Vitamin B3: 2.83mg (14.15%), Vitamin A: 669.04IU (13.38%), Vitamin B6: 0.19mg (9.25%), Vitamin B2: 0.15mg (8.93%), Potassium: 307.05mg (8.77%), Vitamin B12: 0.53µg (8.76%), Copper: 0.17mg (8.48%), Fiber: 1.94g (7.75%), Magnesium: 30.43mg (7.61%), Manganese: 0.14mg (6.98%), Zinc: 1.02mg (6.82%), Vitamin E: 0.96mg (6.4%), Vitamin B5: 0.47mg (4.68%), Calcium: 44.5mg (4.45%), Iron: 0.77mg (4.29%), Vitamin B1: 0.06mg (4.17%), Vitamin K: 3.15µg (3%), Vitamin D: 0.36µg (2.37%)