



Potato and Double-Corn Chowder

 Gluten Free

READY IN



375 min.

SERVINGS



6

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup bacon crumbled cooked
- ☐ 14.8 ounces corn green cream-style giant® canned
- ☐ 15.3 ounces corn whole green undrained giant® canned
- ☐ 12 ounces evaporated milk canned
- ☐ 0.5 cup onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 4 cups potatoes diced frozen southern-style thawed (from 32-oz bag)
- ☐ 2 cups chicken broth progresso® (from a 32-oz carton)

- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon worcestershire sauce

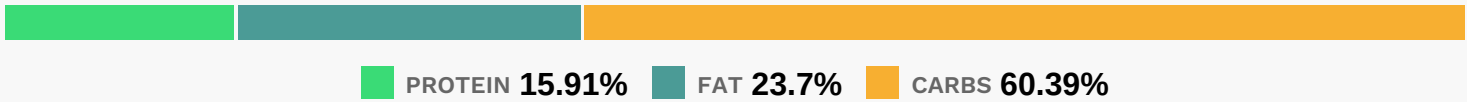
Equipment

- ☐ slow cooker

Directions

- ☐ Spray 3 to 4-quart slow cooker with cooking spray. In cooker, mix all ingredients except evaporated milk.
- ☐ Cover; cook on Low heat setting 6 to 8 hours until potatoes are tender. Just before serving, increase heat to high setting. Stir in milk; cover and cook for 5 minutes or until chowder is hot.

Nutrition Facts



Properties

Glycemic Index:23.79, Glycemic Load:18.19, Inflammation Score:-6, Nutrition Score:15.201739046885%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg

Nutrients (% of daily need)

Calories: 350.43kcal (17.52%), Fat: 9.53g (14.66%), Saturated Fat: 4.12g (25.75%), Carbohydrates: 54.65g (18.22%), Net Carbohydrates: 50.48g (18.36%), Sugar: 9.75g (10.84%), Cholesterol: 25.77mg (8.59%), Sodium: 750.49mg (32.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.39g (28.79%), Vitamin C: 33.79mg (40.96%), Phosphorus: 324.42mg (32.44%), Potassium: 1077.43mg (30.78%), Vitamin B6: 0.56mg (27.99%), Vitamin B3: 4.9mg (24.52%), Folate: 80.39µg (20.1%), Vitamin B2: 0.32mg (18.92%), Magnesium: 70.83mg (17.71%), Calcium: 176.59mg (17.66%), Manganese: 0.34mg (16.79%), Fiber: 4.16g (16.66%), Vitamin B1: 0.23mg (15.03%), Copper: 0.28mg (13.82%), Zinc: 1.81mg (12.04%), Iron: 1.94mg (10.79%), Vitamin B5: 1.02mg (10.24%), Selenium: 6.85µg (9.79%), Vitamin B12: 0.27µg (4.53%), Vitamin A: 194.48IU (3.89%), Vitamin K: 3.19µg (3.04%), Vitamin E: 0.2mg (1.31%)