

Potato, Bacon, and Corn Chowder

READY IN



60 min.

SERVINGS



8

CALORIES



343 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 pound bacon thick sliced cut into 1/2-inch pieces
- ☐ 1 bay leaf
- ☐ 2 tablespoons butter
- ☐ 2 carrots diced
- ☐ 4 stalks celery chopped
- ☐ 2 tablespoons flour
- ☐ 4 cups milk
- ☐ 2 large potatoes diced peeled
- ☐ 15.3 ounce kernel corn whole drained canned

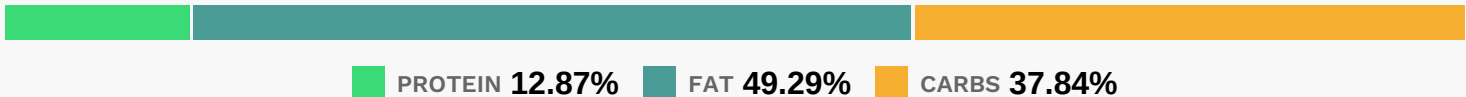
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Cook the bacon pieces in a large skillet over medium heat until the fat has rendered, and the bacon is crispy, about 8 minutes.
- ☐ Remove the bacon, leaving the grease in the pan. Stir the carrot, celery, and bay leaf into the bacon grease; cook for 5 minutes.
- ☐ Meanwhile, melt the butter in a large pot over medium-low heat.
- ☐ Whisk in the flour, and cook for 5 minutes, stirring constantly. Slowly whisk in the milk, and bring to a simmer over medium-high heat. Once simmering, cook for 5 minutes, whisking frequently.
- ☐ Add the bacon, cooked vegetables, potatoes, and corn. Return to a simmer, then reduce heat to medium-low, and cook until the potatoes are tender, about 20 minutes more. Use additional milk as needed to to achieve desired consistency.
- ☐ Garnish with paprika to serve.

Nutrition Facts



Properties

Glycemic Index:40.7, Glycemic Load:15.57, Inflammation Score:-9, Nutrition Score:15.100869583047%

Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 343.45kcal (17.17%), Fat: 18.94g (29.14%), Saturated Fat: 8g (49.98%), Carbohydrates: 32.71g (10.9%), Net Carbohydrates: 29.88g (10.87%), Sugar: 7.59g (8.43%), Cholesterol: 40.88mg (13.63%), Sodium: 376.72mg (16.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.13g (22.25%), Vitamin A: 2935.68IU (58.71%), Phosphorus: 251.8mg (25.18%), Vitamin C: 20.62mg (24.99%), Vitamin B6: 0.46mg (22.95%), Potassium: 793.9mg (22.68%), Calcium: 177.89mg (17.79%), Vitamin B1: 0.26mg (17.18%), Vitamin B2: 0.26mg (15.28%), Vitamin B3: 2.99mg (14.94%), Vitamin B12: 0.81µg (13.44%), Selenium: 9.06µg (12.94%), Magnesium: 49.73mg (12.43%), Manganese: 0.24mg (11.78%), Fiber: 2.83g (11.32%), Folate: 44.09µg (11.02%), Vitamin B5: 0.99mg (9.88%), Vitamin K: 10.24µg (9.75%), Vitamin D: 1.46µg (9.7%), Zinc: 1.33mg (8.89%), Copper: 0.15mg (7.31%), Iron: 1.13mg (6.3%), Vitamin E: 0.43mg (2.86%)