



Potato Chowder Soup I

 Vegetarian

READY IN

ready

50 min.

SERVINGS

servings

8

CALORIES

calories

371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.5 cup carrots diced
- ☐ 0.5 cup celery diced
- ☐ 0.3 cup flour all-purpose
- ☐ 2 cups milk
- ☐ 0.3 cup onion chopped
- ☐ 2 cups potatoes diced peeled
- ☐ 1 teaspoon salt

- ☐ 2.5 cups cheddar cheese shredded
- ☐ 30 ounce kernel corn whole drained canned

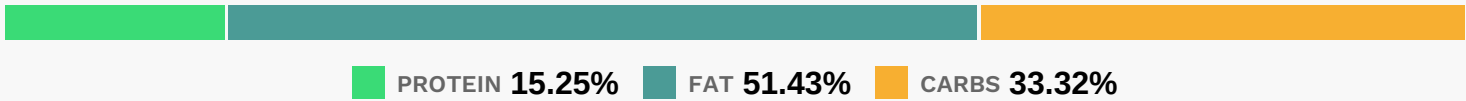
Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ Place potatoes, carrots, celery, onion and salt in a large pot with water to cover. Bring to a boil, reduce heat and simmer 20 minutes.
- ☐ Meanwhile, combine butter, milk and flour in a small saucepan over medium-low heat. Stir constantly until smooth and thick.
- ☐ Pour milk mixture into cooked vegetables. Stir in corn and cheese until cheese is melted.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:47.45, Glycemic Load:10.57, Inflammation Score:-8, Nutrition Score:13.125217157861%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 371.01kcal (18.55%), Fat: 21.35g (32.85%), Saturated Fat: 11.82g (73.88%), Carbohydrates: 31.13g (10.38%), Net Carbohydrates: 29.46g (10.71%), Sugar: 4.15g (4.61%), Cholesterol: 57.88mg (19.29%), Sodium: 777.71mg (33.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.24g (28.49%), Vitamin A: 1995.9IU (39.92%), Calcium: 341.9mg (34.19%), Phosphorus: 308.54mg (30.85%), Selenium: 12.76µg (18.23%), Vitamin B2: 0.3mg (17.88%), Vitamin C: 13.19mg (15.98%), Potassium: 518.29mg (14.81%), Folate: 58.75µg (14.69%), Zinc: 2.07mg (13.78%), Vitamin B6: 0.24mg (12%), Vitamin B12: 0.72µg (11.93%), Magnesium: 43.79mg (10.95%), Manganese: 0.2mg (9.88%), Vitamin B1: 0.14mg (9.48%), Vitamin B3: 1.8mg (9.02%), Fiber: 1.67g (6.68%), Vitamin B5: 0.6mg

(5.97%), Vitamin D: 0.88µg (5.89%), Copper: 0.12mg (5.78%), Vitamin K: 5.46µg (5.2%), Iron: 0.93mg (5.18%),
Vitamin E: 0.54mg (3.59%)