



Potato-Corn Chowder



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



149 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2.3 cups whole-kernel corn frozen
- ☐ 0.3 cup cornstarch
- ☐ 2.8 cups less-sodium chicken broth fat-free
- ☐ 2.3 cups milk fat-free
- ☐ 0.8 cup bell pepper green chopped
- ☐ 0.3 cup onion chopped
- ☐ 2 ounce pimientos diced drained

- ☐ 2 cups potatoes red chopped
- ☐ 0.5 teaspoon salt

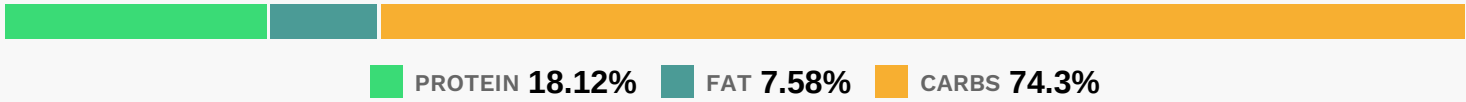
Equipment

- ☐ sauce pan

Directions

- ☐ Coat a medium saucepan with cooking spray; place over medium-high heat until hot.
- ☐ Add chopped green bell pepper and onion; saut 5 minutes or until tender. Stir in broth and next 3 ingredients. Bring to a boil; reduce heat, and simmer, uncovered, 6 to 8 minutes or until potato is tender.
- ☐ Combine cornstarch and milk, stirring until smooth; gradually add to potato mixture, stirring constantly. Stir in corn and diced pimiento; bring to a boil over medium heat, stirring constantly. Cook, stirring constantly, 1 minute or until mixture is thickened.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:29.45, Glycemic Load:2.29, Inflammation Score:-6, Nutrition Score:11.230869609377%

Flavonoids

Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

Nutrients (% of daily need)

Calories: 149.47kcal (7.47%), Fat: 1.34g (2.06%), Saturated Fat: 0.27g (1.69%), Carbohydrates: 29.54g (9.85%), Net Carbohydrates: 26.64g (9.69%), Sugar: 10.78g (11.98%), Cholesterol: 3.31mg (1.1%), Sodium: 948.7mg (41.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.2g (14.4%), Vitamin C: 34.31mg (41.59%), Phosphorus: 194.88mg (19.49%), Calcium: 161.94mg (16.19%), Vitamin B2: 0.26mg (15.48%), Potassium: 533.63mg (15.25%), Vitamin B12: 0.89µg (14.82%), Vitamin A: 644.75IU (12.89%), Vitamin B6: 0.25mg (12.64%), Fiber: 2.89g (11.56%), Manganese: 0.21mg (10.58%), Vitamin B3: 2.12mg (10.58%), Folate: 41.23µg (10.31%), Vitamin B1: 0.14mg (9.48%), Vitamin B5: 0.93mg (9.27%), Magnesium: 35.14mg (8.78%), Selenium: 5.81µg (8.29%), Vitamin D: 1.21µg (8.09%),

Zinc: 0.94mg (6.23%), Copper: 0.12mg (6.05%), Iron: 0.97mg (5.37%), Vitamin K: 3.89µg (3.7%), Vitamin E: 0.25mg (1.67%)