



Queso-Broccoli Potato Chowder

READY IN



75 min.

SERVINGS



40

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 oz broccoli florets fresh
- ☐ 0.3 cup butter
- ☐ 4 oz freshly asadero cheese shredded
- ☐ 28 oz chicken broth fat-free low-sodium canned
- ☐ 0.3 cup flour all-purpose
- ☐ 2 garlic cloves minced
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 cup half-and-half
- ☐ 40 servings sautéed ham chopped

- ☐ 20 oz hash brown potatoes refrigerated southwestern-style
- ☐ 1.5 cups milk
- ☐ 1 cup onion finely chopped
- ☐ 3 poblano peppers seeded finely chopped
- ☐ 1 cup bell pepper red finely chopped
- ☐ 4 oz freshly sharp cheddar cheese shredded

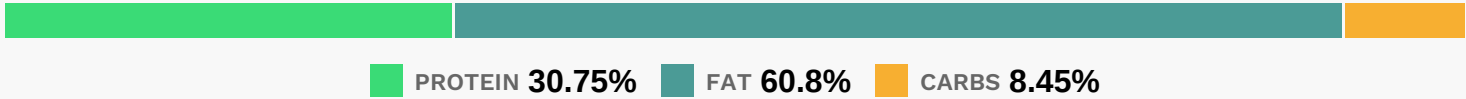
Equipment

- ☐ bowl
- ☐ whisk
- ☐ plastic wrap
- ☐ microwave
- ☐ dutch oven

Directions

- ☐ Melt butter in a Dutch oven over medium-high heat; add bell pepper and next 3 ingredients, and saut 4 to 5 minutes or until tender.
- ☐ Add potatoes and cumin, and saut 5 minutes or until browned and tender. Gradually stir in broth, stirring to loosen particles from bottom of Dutch oven. Bring to a boil; cover, reduce heat to low, and simmer 25 minutes.
- ☐ Whisk together flour and next 2 ingredients. Stir into potato mixture, and cook over medium heat, stirring constantly, 5 minutes or until thickened. Reduce heat to low.
- ☐ Add cheeses, and cook, stirring constantly, until cheeses melt and mixture is thoroughly heated.
- ☐ Place broccoli in a 1-qt. microwave-safe glass bowl. Cover tightly with plastic wrap; fold back a small edge to allow steam to escape. Microwave at HIGH 3 to 4 1/2 minutes or until broccoli is crisp-tender, stirring after 2 minutes.
- ☐ Drain and pat dry. Stir hot broccoli into chowder. Top each serving with sauteed chopped ham.
- ☐ *Monterey Jack cheese may be substituted.
- ☐ Note: We tested with Simply Potatoes Southwest Style Hash Browns.

Nutrition Facts



Properties

Glycemic Index:9.6, Glycemic Load:1.77, Inflammation Score:-4, Nutrition Score:12.238260704538%

Flavonoids

Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 277kcal (13.85%), Fat: 18.52g (28.49%), Saturated Fat: 7.54g (47.13%), Carbohydrates: 5.79g (1.93%), Net Carbohydrates: 5.04g (1.83%), Sugar: 1.43g (1.59%), Cholesterol: 64.64mg (21.55%), Sodium: 1150.06mg (50%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.07g (42.15%), Vitamin B1: 0.56mg (37.21%), Selenium: 22.37µg (31.96%), Vitamin C: 21.09mg (25.56%), Phosphorus: 242.99mg (24.3%), Vitamin B3: 4.36mg (21.8%), Vitamin B6: 0.4mg (20.18%), Zinc: 2.35mg (15.66%), Vitamin B2: 0.27mg (15.64%), Vitamin B12: 0.71µg (11.79%), Potassium: 374mg (10.69%), Vitamin K: 9.88µg (9.41%), Calcium: 72.93mg (7.29%), Vitamin A: 331.4IU (6.63%), Magnesium: 25.01mg (6.25%), Vitamin B5: 0.61mg (6.14%), Iron: 1.09mg (6.08%), Copper: 0.11mg (5.26%), Vitamin D: 0.73µg (4.86%), Manganese: 0.08mg (4.19%), Folate: 15.37µg (3.84%), Vitamin E: 0.56mg (3.74%), Fiber: 0.75g (3%)