



 **10%**  
HEALTH SCORE

## Quick and Easy Southwestern Corn Chowder

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**6**

CALORIES



**324 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 Tb butter
- 0.3 cup cheddar cheese
- 1 tsp pepper
- 32 oz ears corn fresh yellow frozen (or )
- 0.5 cup bell pepper green
- 0.3 cup half and half
- 0.5 cup bell pepper red
- 6 servings salt and pepper

- 2 cups chicken shredded cooked
- 2 large onion sweet
- 4 cups vegetable stock

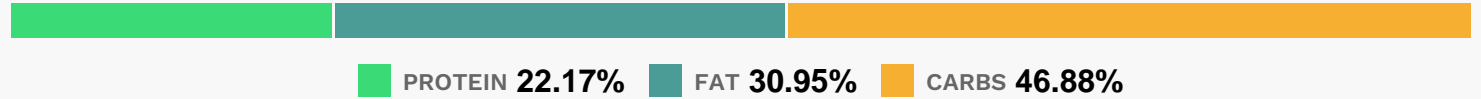
## Equipment

- dutch oven

## Directions

- In a Dutch oven, sweat the onions and peppers with a pinch of salt until onions are translucent.
- Add the chili flakes.
- Add the chicken stock, corn and chicken. Simmer covered for 10 minutes.
- Add the butter, half and half, and cheese, if desired.
- Add salt and pepper to taste.

## Nutrition Facts



## Properties

Glycemic Index:27.33, Glycemic Load:1.13, Inflammation Score:-9, Nutrition Score:17.227391304348%

## Flavonoids

Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg Myricetin: 1.26mg, Myricetin: 1.26mg, Myricetin: 1.26mg, Myricetin: 1.26mg Quercetin: 16.32mg, Quercetin: 16.32mg, Quercetin: 16.32mg, Quercetin: 16.32mg

## Nutrients (% of daily need)

Calories: 324.11kcal (16.21%), Fat: 11.93g (18.35%), Saturated Fat: 5.4g (33.78%), Carbohydrates: 40.65g (13.55%), Net Carbohydrates: 36.05g (13.11%), Sugar: 17.61g (19.57%), Cholesterol: 53.41mg (17.8%), Sodium: 960.68mg (41.77%), Protein: 19.23g (38.45%), Vitamin C: 41.55mg (50.36%), Vitamin B3: 6.74mg (33.68%), Phosphorus: 292.95mg (29.29%), Vitamin B6: 0.55mg (27.74%), Vitamin A: 1371.38IU (27.43%), Folate: 99.69µg (24.92%), Vitamin B1: 0.33mg (21.85%), Selenium: 14.72µg (21.03%), Potassium: 718.94mg (20.54%), Magnesium: 81.28mg

(20.32%), Manganese: 0.37mg (18.7%), Fiber: 4.6g (18.42%), Vitamin B5: 1.75mg (17.54%), Vitamin B2: 0.23mg (13.7%), Zinc: 1.83mg (12.18%), Iron: 1.81mg (10.03%), Copper: 0.19mg (9.31%), Calcium: 79.23mg (7.92%), Vitamin E: 0.67mg (4.45%), Vitamin B12: 0.21µg (3.54%), Vitamin K: 3.24µg (3.09%)