



## Quick Chicken-Corn Chowder

READY IN



45 min.

SERVINGS



6

CALORIES



245 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 tablespoons butter
- ☐ 14.8 ounce corn cream-style canned
- ☐ 0.3 cup celery chopped
- ☐ 2 tablespoons flour all-purpose
- ☐ 1.5 cups ears corn fresh ( 3 ears)
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 jalapeno minced seeded
- ☐ 3 cups milk 2% reduced-fat
- ☐ 0.3 cup onion chopped

- ☐ 2 cups chicken breast boneless skinless chopped ( 2 breast halves)
- ☐ 0.1 teaspoon salt
- ☐ 1 teaspoon thyme dried fresh chopped

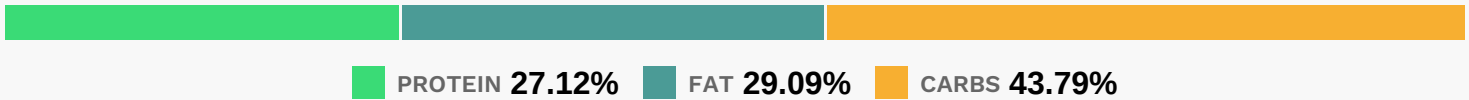
## Equipment

- ☐ dutch oven

## Directions

- ☐ Melt the butter in a large Dutch oven over medium heat.
- ☐ Add onion, celery, and jalapeo; cook for 3 minutes or until tender, stirring frequently.
- ☐ Add flour; cook 1 minute, stirring constantly. Stir in milk and remaining ingredients. Bring to a boil; cook until thick (about 5 minutes).

## Nutrition Facts



## Properties

Glycemic Index:41.33, Glycemic Load:1.57, Inflammation Score:-6, Nutrition Score:13.260434869839%

## Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

## Nutrients (% of daily need)

Calories: 244.57kcal (12.23%), Fat: 8.27g (12.73%), Saturated Fat: 4.35g (27.16%), Carbohydrates: 28.02g (9.34%), Net Carbohydrates: 26.06g (9.48%), Sugar: 10.95g (12.16%), Cholesterol: 51.47mg (17.16%), Sodium: 383.12mg (16.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.35g (34.71%), Vitamin B3: 6.85mg (34.25%), Selenium: 20.42µg (29.16%), Phosphorus: 289.31mg (28.93%), Vitamin B6: 0.52mg (26.1%), Vitamin B2: 0.35mg (20.37%), Potassium: 574.76mg (16.42%), Vitamin B5: 1.56mg (15.6%), Calcium: 155.21mg (15.52%), Folate: 61.76µg (15.44%), Magnesium: 53.86mg (13.46%), Vitamin B12: 0.73µg (12.22%), Vitamin B1: 0.18mg (11.79%), Vitamin C: 9.7mg (11.75%), Zinc: 1.45mg (9.65%), Vitamin A: 456.53IU (9.13%), Manganese: 0.18mg (8.88%), Fiber: 1.96g (7.84%), Iron: 1.02mg (5.67%), Vitamin K: 5.39µg (5.14%), Copper: 0.09mg (4.35%), Vitamin E: 0.45mg (2.99%)