

Quick Corn Chowder

READY IN



35 min.

SERVINGS



6

CALORIES



328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 ounces chicken broth canned
- 1 bacon diced
- 0.3 cup flour all-purpose
- 6 servings parsley fresh chopped
- 1 cup milk divided
- 1 medium onion chopped
- 0.3 teaspoon pepper
- 2 large potatoes diced peeled
- 0.5 teaspoon salt

- 2 cups water
- 15 ounces corn whole drained canned

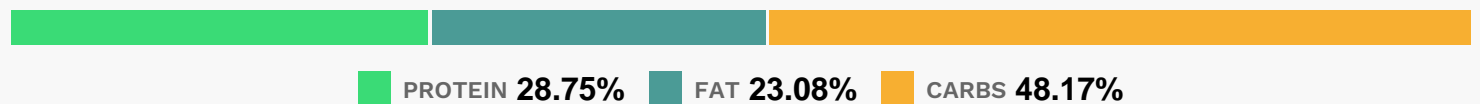
Equipment

- paper towels
- sauce pan
- slotted spoon

Directions

- In a large saucepan, cook bacon until crisp. Using a slotted spoon, remove to paper towel to drain.
- Saute onion in drippings until tender.
- Add the broth, water and potatoes; bring to a boil. Reduce heat; cover and simmer for 15 minutes or until potatoes are tender.
- Stir in the corn, 3/4 cup of milk, salt and pepper.
- Combine flour and remaining milk until smooth; gradually add to soup. Bring to a boil; cook and stir for 2 minutes or until thickened.
- Garnish with bacon and parsley if desired.

Nutrition Facts



Properties

Glycemic Index:47.96, Glycemic Load:19.75, Inflammation Score:-7, Nutrition Score:17.247391343117%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg

Nutrients (% of daily need)

Calories: 328.11kcal (16.41%), Fat: 8.36g (12.85%), Saturated Fat: 2.61g (16.34%), Carbohydrates: 39.23g (13.08%), Net Carbohydrates: 35.91g (13.06%), Sugar: 3.74g (4.16%), Cholesterol: 39.27mg (13.09%), Sodium: 680.42mg (29.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.42g (46.84%), Vitamin K: 69.81µg (66.48%), Vitamin C: 32.11mg (38.92%), Vitamin B6: 0.55mg (27.43%), Phosphorus: 260.02mg (26%), Potassium: 824.55mg (23.56%), Selenium: 15.85µg (22.65%), Vitamin B3: 4mg (20.01%), Zinc: 2.54mg (16.91%), Manganese: 0.31mg (15.32%), Folate: 60.67µg (15.17%), Magnesium: 59.86mg (14.97%), Vitamin B12: 0.9µg (14.93%), Iron: 2.53mg (14.03%), Fiber: 3.31g (13.25%), Vitamin B1: 0.19mg (12.81%), Vitamin B2: 0.21mg (12.36%), Copper: 0.22mg (11.21%), Vitamin A: 523.7IU (10.47%), Calcium: 88.98mg (8.9%), Vitamin B5: 0.59mg (5.93%), Vitamin D: 0.52µg (3.46%), Vitamin E: 0.29mg (1.92%)