



Roasted Corn and Potato Chowder with a Barbecue Drizzle

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



370 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup barbecue sauce divided
- 0.5 stalk celery
- 1 cup regular corn cooked
- 1 teaspoon rosemary dried
- 1.5 cups cooking wine dry white
- 3 cloves garlic peeled
- 2 juice of lemon

- 2 leeks white cleaned cut in half length-wise
- 3 tablespoons olive oil
- 0.5 teaspoon pepper
- 0.5 bell pepper red
- 3 small potatoes red cut into 1-inch cubes
- 1 teaspoon salt
- 4 servings salt and pepper to taste
- 1 teaspoon paprika smoked
- 2 cups vegetable broth

Equipment

- food processor
- bowl
- frying pan
- sauce pan
- ladle
- oven
- roasting pan

Directions

- Heat the oven to 500°F. In a large roasting pan, combine the olive oil, leeks, celery, potatoes, pepper, garlic, paprika, rosemary, salt and pepper. Stir to coat.
- Add the wine and roast for 15 minutes. In a food processor, combine the roasted vegetables and any pan liquid along with the broth and lemon juice. Blend until smooth.
- Add the corn and pulse a few times. It should not be smooth, but the corn should not remain whole kernels.
- Heat the chowder in a saucepan over medium heat, stirring occasionally until hot. Ladle into 4 bowls and drizzle each with 1 tablespoon barbecue sauce before serving.

Nutrition Facts



■ PROTEIN 6.31% ■ FAT 32.67% ■ CARBS 61.02%

Properties

Glycemic Index:89.63, Glycemic Load:7.23, Inflammation Score:-9, Nutrition Score:16.792608613553%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.53mg, Hesperetin: 2.53mg, Hesperetin: 2.53mg Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 369.94kcal (18.5%), Fat: 11.68g (17.97%), Saturated Fat: 1.63g (10.19%), Carbohydrates: 49.08g (16.36%), Net Carbohydrates: 44.29g (16.11%), Sugar: 14.07g (15.63%), Cholesterol: 0mg (0%), Sodium: 1471.75mg (63.99%), Alcohol: 9.27g (100%), Alcohol %: 2.42% (100%), Protein: 5.07g (10.15%), Vitamin C: 44.25mg (53.64%), Vitamin A: 1880.02IU (37.6%), Manganese: 0.69mg (34.47%), Vitamin K: 34.81µg (33.15%), Potassium: 933.61mg (26.67%), Vitamin B6: 0.53mg (26.3%), Fiber: 4.79g (19.15%), Folate: 73.62µg (18.4%), Vitamin E: 2.53mg (16.88%), Magnesium: 67.03mg (16.76%), Phosphorus: 154.46mg (15.45%), Iron: 2.72mg (15.13%), Copper: 0.28mg (14.03%), Vitamin B3: 2.74mg (13.7%), Vitamin B1: 0.19mg (12.91%), Vitamin B5: 0.9mg (9.01%), Vitamin B2: 0.13mg (7.37%), Calcium: 65.33mg (6.53%), Zinc: 0.96mg (6.37%), Selenium: 1.9µg (2.71%)