



Salmon-Corn Chowder

 Gluten Free

READY IN



34 min.

SERVINGS



7

CALORIES



227 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon butter
- ☐ 29.5 ounce regular corn cream-style canned
- ☐ 0.3 cup celery chopped
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 12 ounce evaporated milk low-fat canned
- ☐ 14 ounce less-sodium chicken broth fat-free canned
- ☐ 0.3 cup onion chopped

- ☐ 1 medium potatoes red cubed
- ☐ 6 ounce salmon boneless skinless canned (such as Bumble Bee)

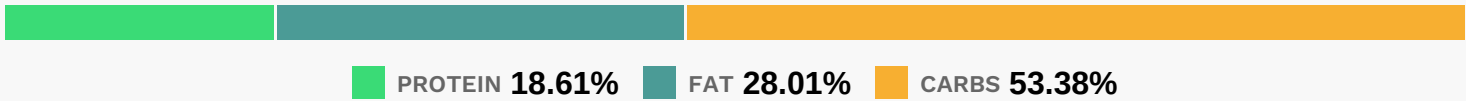
Equipment

- ☐ sauce pan

Directions

- ☐ Drain salmon, reserving liquid.
- ☐ Melt butter in a large saucepan over medium-high heat.
- ☐ Add onion and celery; saut 3 minutes or until tender.
- ☐ Add reserved salmon liquid, broth, and next 3 ingredients. Bring to a boil; boil 10 minutes or until potatoes are tender. Stir in salmon, corn, and milk; cook over medium heat 2 minutes or until thoroughly heated.
- ☐ Garnish with freshly ground pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:20.14, Glycemic Load:0.14, Inflammation Score:-5, Nutrition Score:11.242173995661%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 227.21kcal (11.36%), Fat: 7.5g (11.53%), Saturated Fat: 3.59g (22.45%), Carbohydrates: 32.15g (10.72%), Net Carbohydrates: 30g (10.91%), Sugar: 9.51g (10.57%), Cholesterol: 31.76mg (10.59%), Sodium: 627.44mg (27.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.21g (22.42%), Phosphorus: 236.24mg (23.62%), Vitamin B2: 0.34mg (19.72%), Vitamin B3: 3.84mg (19.2%), Vitamin B6: 0.37mg (18.41%), Folate: 70.03µg (17.51%), Potassium: 601.61mg (17.19%), Selenium: 11.93µg (17.05%), Vitamin B12: 0.97µg (16.12%), Calcium: 143.56mg (14.36%), Magnesium: 47.57mg (11.89%), Vitamin B5: 1.1mg (11.01%), Vitamin C: 9.01mg (10.92%), Copper: 0.19mg (9.36%), Vitamin B1: 0.14mg (9.27%), Zinc: 1.3mg (8.64%), Fiber: 2.15g (8.6%), Manganese: 0.16mg (8.15%), Iron: 1.16mg

(6.43%), Vitamin A: 285.81IU (5.72%), Vitamin K: 3.74µg (3.56%), Vitamin E: 0.23mg (1.52%)