



## Sassy Potato Corn Chowder

READY IN



40 min.

SERVINGS



40

CALORIES



40 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 4 slices oscar mayer bacon cut into 1-inch pieces
- 1.3 lb baking potatoes cubed peeled ( 3)
- 2 stalks celery sliced
- 14 oz chicken broth fat-free reduced-sodium canned
- 2 Tbsp flour
- 10 oz regular corn frozen thawed drained
- 2 cups milk
- 0.5 cup miracle whip dressing light
- 0.5 cup onions chopped

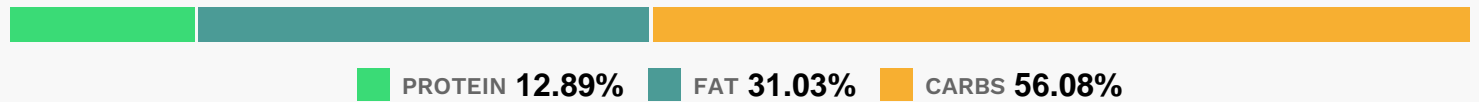
## Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- slotted spoon

## Directions

- Cook and stir bacon in large saucepan until crisp.
- Remove bacon from pan with slotted spoon; drain on paper towels. Discard drippings from pan.
- Add broth and vegetables to saucepan. Bring to boil; simmer on low heat 15 min. or until potatoes are tender.
- Mix dressing and flour in medium bowl until blended. Stir in milk.
- Add to potato mixture with bacon; cook 3 to 5 min. or until soup is slightly thickened and heated through, stirring constantly.

## Nutrition Facts



## Properties

Glycemic Index:6.42, Glycemic Load:2.49, Inflammation Score:-1, Nutrition Score:1.728695632323%

## Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

## Nutrients (% of daily need)

Calories: 40.16kcal (2.01%), Fat: 1.44g (2.22%), Saturated Fat: 0.55g (3.46%), Carbohydrates: 5.87g (1.96%), Net Carbohydrates: 5.35g (1.94%), Sugar: 1.13g (1.26%), Cholesterol: 3.2mg (1.07%), Sodium: 87.65mg (3.81%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 1.35g (2.7%), Vitamin B6: 0.08mg (4.02%), Potassium: 115.66mg (3.3%), Phosphorus: 32.17mg (3.22%), Vitamin B1: 0.04mg (2.45%), Vitamin B3: 0.45mg (2.27%), Manganese: 0.04mg (2.12%), Fiber: 0.52g (2.08%), Vitamin B2: 0.04mg (2.07%), Magnesium: 7.86mg (1.96%), Calcium: 19.15mg (1.91%), Vitamin C: 1.53mg (1.85%), Folate: 6.7µg (1.68%), Selenium: 1.15µg (1.64%), Vitamin B12: 0.1µg (1.61%), Vitamin B5: 0.14mg (1.42%), Iron: 0.22mg (1.24%), Zinc: 0.18mg (1.18%), Copper: 0.02mg (1.16%)