



Slow Cooked Ham and Potato Chowder

READY IN



260 min.

SERVINGS



8

CALORIES



200 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 teaspoon celery seed
- ☐ 2 tablespoons chicken soup base
- ☐ 10.8 ounce cream of chicken soup canned
- ☐ 1 cup ham cubed cooked
- ☐ 1 cup corn kernels
- ☐ 1 teaspoon dill weed dried
- ☐ 1 tablespoon parsley dried
- ☐ 0.3 cup flour all-purpose

- ☐ 8 servings salt and ground pepper black to taste
- ☐ 4 potatoes peeled cut into 1 inch cubes
- ☐ 0.5 cup warm water
- ☐ 1 small onion diced yellow

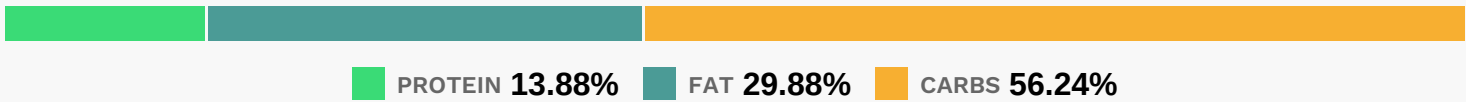
Equipment

- ☐ whisk
- ☐ slow cooker

Directions

- ☐ Whisk 3 cups warm water with chicken soup base in slow cooker until soup base has dissolved; stir in cream of chicken soup until almost smooth.
- ☐ Stir potatoes, ham, corn, yellow onion, and butter into the soup mixture.
- ☐ Place flour and 1/2 cup water into a small container with a lid and shake well to combine into a smooth mixture; stir flour mixture into soup.
- ☐ Mix in parsley, dill, and celery seed. Season soup with salt and black pepper.
- ☐ Cook chowder on High for 4 hours or Low for 8 hours, stirring once or twice during cooking.

Nutrition Facts



Properties

Glycemic Index:38.84, Glycemic Load:17.14, Inflammation Score:-5, Nutrition Score:9.6347825941832%

Flavonoids

Apigenin: 11.46mg, Apigenin: 11.46mg, Apigenin: 11.46mg, Apigenin: 11.46mg Luteolin: 1.96mg, Luteolin: 1.96mg, Luteolin: 1.96mg, Luteolin: 1.96mg Isorhamnetin: 1.27mg, Isorhamnetin: 1.27mg, Isorhamnetin: 1.27mg, Isorhamnetin: 1.27mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg

Nutrients (% of daily need)

Calories: 199.5kcal (9.97%), Fat: 6.76g (10.41%), Saturated Fat: 2.83g (17.67%), Carbohydrates: 28.65g (9.55%), Net Carbohydrates: 25.51g (9.28%), Sugar: 2.57g (2.85%), Cholesterol: 21.05mg (7.02%), Sodium: 802.9mg (34.91%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.07g (14.15%), Vitamin C: 25.72mg (31.17%), Vitamin B6: 0.38mg (18.92%), Potassium: 571.11mg (16.32%), Manganese: 0.32mg (15.99%), Vitamin B1: 0.21mg (14.05%), Phosphorus: 136.15mg (13.62%), Fiber: 3.15g (12.58%), Vitamin B3: 2.29mg (11.44%), Iron: 1.86mg (10.34%), Copper: 0.21mg (10.27%), Magnesium: 37.14mg (9.28%), Folate: 35.62µg (8.9%), Selenium: 5.79µg (8.27%), Vitamin B2: 0.14mg (8.17%), Vitamin K: 7.44µg (7.09%), Vitamin B5: 0.63mg (6.28%), Zinc: 0.88mg (5.89%), Vitamin A: 181.19IU (3.62%), Calcium: 35.74mg (3.57%), Vitamin B12: 0.21µg (3.48%), Vitamin E: 0.35mg (2.35%)