



Slow-Cooker Chicken-Corn Chowder

 Gluten Free

READY IN



275 min.

SERVINGS



12

CALORIES



449 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 chicken thighs boneless skinless cut into 1-inch cubes
- 3 large baby potatoes peeled cut into 1-inch cubes
- 3 carrots chopped
- 3 celery stalks chopped
- 1 bell pepper red seeded chopped
- 1 leek cleaned chopped
- 0.3 cup onion chopped
- 3 cups corn frozen (from two 12-oz bags)

- 4 oz chilis green chopped canned
- 3 oz cream cheese cut into cubes
- 2 cups chicken broth (from 32-oz carton)
- 2 cups milk
- 1 cup cooking sherry
- 3 tablespoons butter
- 1 tablespoon sugar
- 0.5 cup whipping cream
- 2 tablespoons cornstarch
- 1 serving salt and pepper to taste
- 1 lb bacon crumbled cooked for garnish
- 0.5 cup parsley fresh chopped for garnish

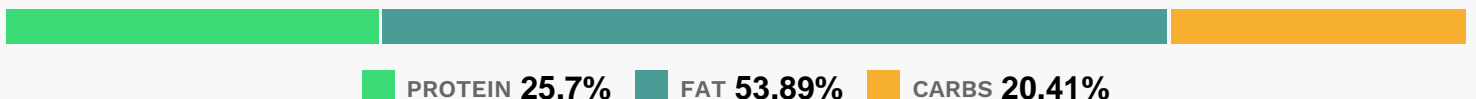
Equipment

- bowl
- whisk
- slow cooker

Directions

- In slow cooker, mix all ingredients except whipping cream, cornstarch, salt and pepper, bacon and parsley.
- Cover; cook on High heat setting about 4 hours or on Low heat setting 8 hours.
- In small bowl, beat whipping cream and cornstarch with whisk until smooth. Stir into mixture in slow cooker. Cover; cook 15 minutes longer.
- Season chowder to taste with salt and pepper.
- Garnish individual bowls of chowder with parsley and bacon.

Nutrition Facts



Properties

Glycemic Index:40.47, Glycemic Load:4.42, Inflammation Score:-10, Nutrition Score:22.685652048691%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 449.2kcal (22.46%), Fat: 26.31g (40.47%), Saturated Fat: 11.47g (71.66%), Carbohydrates: 22.41g (7.47%), Net Carbohydrates: 19.83g (7.21%), Sugar: 5.63g (6.26%), Cholesterol: 122.65mg (40.88%), Sodium: 965.99mg (42%), Alcohol: 2.06g (100%), Alcohol %: 0.81% (100%), Protein: 28.23g (56.46%), Vitamin A: 3633.44IU (72.67%), Selenium: 34.4µg (49.14%), Vitamin K: 50.11µg (47.73%), Vitamin B3: 8.51mg (42.53%), Phosphorus: 371.3mg (37.13%), Vitamin B6: 0.7mg (34.9%), Vitamin C: 27.19mg (32.95%), Vitamin B1: 0.38mg (25.15%), Vitamin B2: 0.37mg (21.98%), Potassium: 725.88mg (20.74%), Zinc: 2.74mg (18.27%), Vitamin B12: 1.04µg (17.31%), Vitamin B5: 1.61mg (16.06%), Magnesium: 57.13mg (14.28%), Manganese: 0.23mg (11.4%), Folate: 44.65µg (11.16%), Fiber: 2.58g (10.31%), Iron: 1.84mg (10.24%), Calcium: 98.64mg (9.86%), Copper: 0.14mg (7.05%), Vitamin E: 0.88mg (5.86%), Vitamin D: 0.76µg (5.05%)