



 **3%**
HEALTH SCORE

Slow-Cooker Corn Chowder

 **Gluten Free**

READY IN



370 min.

SERVINGS



8

CALORIES



206 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2.5 cups milk 2%
- 14 ounces corn cream-style canned
- 10 ounces cream of mushroom soup undiluted canned
- 1.8 cups corn frozen
- 1 cup hash browns shredded frozen
- 1 cup finely-chopped ham cubed fully cooked
- 1 large onion chopped
- 2 teaspoons parsley dried

- 2 tablespoons butter
- 1 serving salt and pepper to taste
- 1 serving optional: bacon and parsley minced crumbled cooked

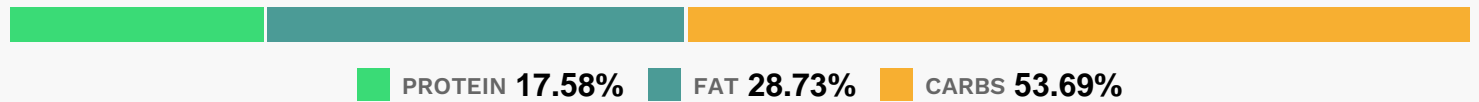
Equipment

- slow cooker

Directions

- In a 3-qt. slow cooker, combine the first 10 ingredients. Cover and cook on low for 6 hours.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:1.72, Inflammation Score:-4, Nutrition Score:9.169565115286%

Flavonoids

Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 205.53kcal (10.28%), Fat: 6.96g (10.71%), Saturated Fat: 3.54g (22.13%), Carbohydrates: 29.26g (9.75%), Net Carbohydrates: 26.89g (9.78%), Sugar: 6.13g (6.81%), Cholesterol: 25.68mg (8.56%), Sodium: 635.65mg (27.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.58g (19.16%), Phosphorus: 194.8mg (19.48%), Vitamin B2: 0.26mg (15.29%), Vitamin C: 11.64mg (14.11%), Manganese: 0.28mg (13.95%), Potassium: 463.89mg (13.25%), Vitamin B1: 0.19mg (12.94%), Vitamin B3: 2.43mg (12.17%), Folate: 47.12µg (11.78%), Zinc: 1.67mg (11.11%), Vitamin B6: 0.22mg (10.99%), Vitamin B12: 0.65µg (10.88%), Calcium: 101.77mg (10.18%), Magnesium: 38.48mg (9.62%), Fiber: 2.37g (9.48%), Copper: 0.17mg (8.46%), Selenium: 5.34µg (7.63%), Vitamin B5: 0.76mg (7.6%), Iron: 1.12mg (6.22%), Vitamin A: 201.71IU (4.03%)