



Smoky Corn Chowder

 **Gluten Free**

READY IN



60 min.

SERVINGS



4

CALORIES



700 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings reserved bacon bits
- 2 tablespoons butter
- 4 cups chicken stock see
- 1 chile pepper such as fresno chile, seeded and chopped
- 6 large ears corn
- 2 bay leaves fresh
- 4 servings cilantro leaves fresh chopped
- 2 tablespoons thyme leaves fresh finely chopped

- 4 cloves garlic finely chopped
- 4 servings hot sauce
- 1 juice of lime juiced
- 2 medium onions chopped
- 4 servings pepper jack shredded crumbled
- 4 servings salt and pepper black freshly ground
- 4 servings scallions
- 1 pound starchy potato diced peeled (1 large)
- 1 tablespoon paprika smoked sweet
- 4 ounces smoky center cut bacon lean chopped

Equipment

- pot
- slotted spoon
- immersion blender

Directions

- Watch how to make this recipe.
- Heat the EVOO over medium-high heat in a soup pot.
- Add the bacon and brown to crisp, then remove with a slotted spoon and reserve the bacon bits. To the bacon drippings, add the garlic, onions and chiles, and cook to soften, 8 to 10 minutes, stirring occasionally.
- Add the corn and season with the thyme, paprika and salt and pepper, and stir.
- Add the cobs to the pot along with the bay leaves, potato and cover with the stock.
- Add a little water to the stock if it does not cover the corn. Cook the soup, partially covered, 20 to 30 minutes.
- Remove the cobs and bay leaves and puree with an immersion blender until the corn is creamed. Stir in the butter and lime juice and add hot sauce, to taste. Cool and store for a make-ahead meal. Reheat over a medium flame.
- Serve the corn chowder topped with bacon, scallions, herbs and cheese.

Nutrition Facts

PROTEIN 15.21% FAT 41.1% CARBS 43.69%

Properties

Glycemic Index:104.94, Glycemic Load:18.42, Inflammation Score:-10, Nutrition Score:31.625652313232%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 11.95mg, Quercetin: 11.95mg, Quercetin: 11.95mg, Quercetin: 11.95mg

Nutrients (% of daily need)

Calories: 699.7kcal (34.98%), Fat: 33.68g (51.82%), Saturated Fat: 14.75g (92.21%), Carbohydrates: 80.56g (26.85%), Net Carbohydrates: 72.2g (26.25%), Sugar: 21.43g (23.82%), Cholesterol: 70.96mg (23.65%), Sodium: 836.69mg (36.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.04g (56.08%), Vitamin C: 51.84mg (62.84%), Phosphorus: 538.27mg (53.83%), Vitamin B6: 1.05mg (52.6%), Vitamin B3: 10.45mg (52.24%), Potassium: 1603.75mg (45.82%), Vitamin B1: 0.65mg (43.67%), Vitamin A: 2106.29IU (42.13%), Manganese: 0.79mg (39.61%), Magnesium: 147.25mg (36.81%), Folate: 146.07µg (36.52%), Vitamin B2: 0.59mg (34.71%), Fiber: 8.36g (33.44%), Selenium: 22.27µg (31.82%), Calcium: 286.58mg (28.66%), Copper: 0.48mg (23.75%), Vitamin B5: 2.35mg (23.5%), Iron: 4.16mg (23.11%), Zinc: 3.44mg (22.95%), Vitamin K: 20.57µg (19.59%), Vitamin E: 1.47mg (9.77%), Vitamin B12: 0.48µg (8.06%), Vitamin D: 0.29µg (1.96%)