



Smoky Corn Chowder

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



333 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 ounces bacon sliced cut into 1/2-inch pieces
- ☐ 20 ounce regular corn frozen
- ☐ 2 cloves garlic finely chopped
- ☐ 1 cup half-and-half
- ☐ 6 servings kosher salt and pepper
- ☐ 0.3 teaspoon pepper flakes red crushed
- ☐ 4 scallions trimmed thinly sliced
- ☐ 0.5 teaspoon paprika smoked

- ☐ 1 large onion sweet chopped
- ☐ 3 cups vegetable broth low-sodium

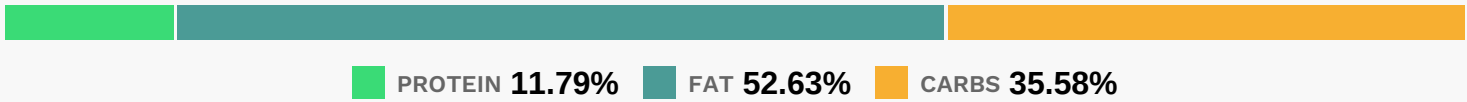
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ pot
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Cook the bacon in a large saucepan or Dutch oven over medium heat until crisp, about 8 minutes.
- ☐ Transfer to a paper towel-lined plate. Spoon off and discard all but 2 tablespoons of the drippings and return the pot to medium heat. Cook the onion, stirring occasionally, until soft, 5 to 7 minutes.
- ☐ Add the garlic, paprika, and red pepper and cook, stirring, for 2 minutes. Stir in the corn, broth, and half-and-half and bring to a boil. Reduce heat and simmer for 15 minutes.
- ☐ Transfer half the soup to a blender and puree until smooth. Return to the pot, add 1/2 teaspoon salt and 1/2 teaspoon pepper, and stir to combine. Divide the soup among individual bowls and top with the scallions and reserved bacon.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:0.22, Inflammation Score:-6, Nutrition Score:10.717391283616%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 8.88mg, Quercetin: 8.88mg, Quercetin: 8.88mg, Quercetin: 8.88mg

Nutrients (% of daily need)

Calories: 332.98kcal (16.65%), Fat: 20.48g (31.5%), Saturated Fat: 7.98g (49.9%), Carbohydrates: 31.14g (10.38%), Net Carbohydrates: 27.18g (9.88%), Sugar: 5.16g (5.73%), Cholesterol: 39.06mg (13.02%), Sodium: 480.69mg (20.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.32g (20.64%), Phosphorus: 195.12mg (19.51%), Vitamin B6: 0.38mg (19.21%), Vitamin K: 17.49µg (16.66%), Vitamin B3: 3.3mg (16.51%), Vitamin B1: 0.24mg (16.24%), Fiber: 3.96g (15.85%), Selenium: 10.14µg (14.48%), Potassium: 503.11mg (14.37%), Folate: 56.95µg (14.24%), Vitamin C: 11.63mg (14.1%), Vitamin B2: 0.21mg (12.55%), Magnesium: 46.05mg (11.51%), Manganese: 0.23mg (11.49%), Zinc: 1.39mg (9.27%), Vitamin A: 347.75IU (6.95%), Calcium: 68.21mg (6.82%), Vitamin B5: 0.67mg (6.74%), Iron: 1.15mg (6.38%), Copper: 0.11mg (5.52%), Vitamin B12: 0.27µg (4.43%), Vitamin E: 0.4mg (2.66%), Vitamin D: 0.15µg (1.01%)