



Smoky Ham-and-Corn Chowder

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



674 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound baking potatoes peeled cut into 1/2-inch dice
- 4 regular corn
- 0.5 pound ham rind removed and reserved cut into 1/4-inch dice
- 2 cups heavy cream
- 4 servings kosher salt and pepper freshly ground
- 1 onion cut into 1/4-inch dice
- 1 tablespoon vegetable oil

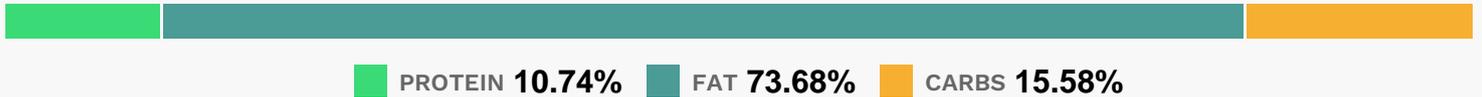
Equipment

- bowl
- ladle
- knife
- pot

Directions

- Using the back of a knife and working over a medium bowl, scrape the corn cobs to release any pulp and juices; reserve the cobs.
- In a medium soup pot, heat the oil.
- Add the onion and cook over moderate heat until softened, about 6 minutes.
- Add 3 cups of water, the ham rind and the corn cobs, pulp and juices and bring to a simmer. Cook over moderately low heat for 5 minutes; discard the cobs and ham rind.
- Add the cream and potatoes, bring to a simmer and cook until the potatoes are almost tender, about 5 minutes.
- Add the corn kernels and ham and simmer until the corn and potatoes are tender, about 5 minutes longer. Season with salt and pepper, ladle into bowls and serve.

Nutrition Facts



Properties

Glycemic Index:41.81, Glycemic Load:16.79, Inflammation Score:-8, Nutrition Score:15.818260835565%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 673.98kcal (33.7%), Fat: 56g (86.15%), Saturated Fat: 31.32g (195.76%), Carbohydrates: 26.65g (8.88%), Net Carbohydrates: 24.68g (8.98%), Sugar: 5.39g (5.99%), Cholesterol: 169.62mg (56.54%), Sodium: 905.72mg (39.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.37g (36.75%), Vitamin A: 1753.61IU (35.07%), Vitamin B6: 0.68mg (34.14%), Vitamin B1: 0.47mg (31.41%), Phosphorus: 261.47mg (26.15%), Selenium: 17.03µg

(24.33%), Vitamin B2: 0.39mg (23.2%), Potassium: 790.45mg (22.58%), Vitamin B3: 3.83mg (19.14%), Vitamin D: 2.3µg (15.34%), Zinc: 1.98mg (13.22%), Magnesium: 48.2mg (12.05%), Vitamin K: 12.22µg (11.63%), Manganese: 0.22mg (11.24%), Vitamin C: 9.27mg (11.23%), Vitamin E: 1.59mg (10.63%), Calcium: 103.73mg (10.37%), Vitamin B5: 0.95mg (9.46%), Copper: 0.19mg (9.42%), Vitamin B12: 0.55µg (9.22%), Iron: 1.65mg (9.18%), Fiber: 1.97g (7.86%), Folate: 27.79µg (6.95%)