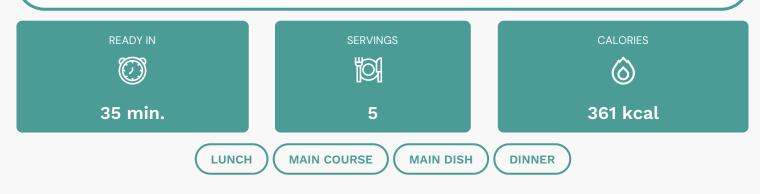


Southwest Potato Corn Chowder



Ingredients

i.5 ib potatoes = remove skiir red dripeeled cut into 1/2-inch cubes
3 cups chicken broth (from 32-oz carton)
1.3 teaspoons sugar
O.5 teaspoon garlic salt
O.3 teaspoon pepper
O.1 teaspoon ground pepper red (cayenne)
1.5 cups corn frozen
0.3 cup roasted peppers red drained chopped well (from a jar)
0.3 cup flour all-purpose

П	1 cup milk
H	4 oz sharp cheddar cheese shredded reduced-fat
Н	6 oz yogurt plain fat free
H	
片	3 tablespoons cilantro leaves fresh chopped
Ш	0.3 cup spring onion finely chopped
	4 slices bacon crumbled cooked
Εq	uipment
	bowl
	sauce pan
	whisk
Di	rections
	In 3-quart saucepan, place potatoes.
	Add water just to cover.
	Heat to boiling; reduce heat to low. Cover and boil gently (simmer) about 15 minutes or until potatoes are fork-tender.
	Drain. Reserve 1 cup potatoes; return remaining potatoes to saucepan. In small bowl, mash reserved potatoes with fork.
	Stir reserved mashed potatoes back into remaining potatoes in saucepan, along with broth, sugar, garlic salt, pepper, ground red pepper, corn and roasted red bell pepper. Cook over medium heat 5 minutes, stirring occasionally.
	In small bowl, stir flour into milk with whisk until well mixed; stir into potato mixture. Cook ove medium heat, stirring frequently, until mixture thickens and boils. Stir in cheese until melted.
	Remove from heat; stir in yogurt, cilantro and green onions.
	Serve topped with bacon and, if desired, additional green onions.
	Nutrition Facts
	PROTEIN 18.42% FAT 30.42% CARBS 51.16%

Properties

Glycemic Index:67.62, Glycemic Load:6.41, Inflammation Score:-6, Nutrition Score:18.089130546736%

Flavonoids

Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 360.97kcal (18.05%), Fat: 12.59g (19.37%), Saturated Fat: 6.22g (38.85%), Carbohydrates: 47.63g (15.88%), Net Carbohydrates: 43.42g (15.79%), Sugar: 8.54g (9.49%), Cholesterol: 38.37mg (12.79%), Sodium: 1212.11mg (52.7%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 17.15g (34.3%), Phosphorus: 376.25mg (37.63%), Calcium: 319.51mg (31.95%), Potassium: 1039.41mg (29.7%), Vitamin B2: 0.48mg (28.23%), Vitamin C: 20.96mg (25.4%), Selenium: 16.36μg (23.37%), Vitamin B1: 0.35mg (23.19%), Vitamin B6: 0.44mg (22.14%), Manganese: 0.44mg (21.87%), Vitamin B3: 4.06mg (20.3%), Folate: 73.3μg (18.33%), Magnesium: 71.79mg (17.95%), Zinc: 2.55mg (17.01%), Fiber: 4.21g (16.85%), Vitamin K: 16.03μg (15.26%), Copper: 0.28mg (13.96%), Vitamin B12: 0.81μg (13.49%), Iron: 2.11mg (11.73%), Vitamin B5: 1.15mg (11.49%), Vitamin A: 461.31lU (9.23%), Vitamin D: 0.7μg (4.66%), Vitamin E: 0.35mg (2.31%)