



Southwest Potato Corn Chowder

READY IN



35 min.

SERVINGS



5

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 lb potatoes - remove skin red unpeeled cut into 1/2-inch cubes
- 3 cups chicken broth (from 32-oz carton)
- 1.3 teaspoons sugar
- 0.5 teaspoon garlic salt
- 0.3 teaspoon pepper
- 0.1 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

- 1 cup milk
- 4 oz sharp cheddar cheese shredded reduced-fat
- 6 oz yogurt plain fat free
- 3 tablespoons cilantro leaves fresh chopped
- 0.3 cup spring onion finely chopped
- 4 slices bacon crumbled cooked

Equipment

- bowl
- sauce pan
- whisk

Directions

- 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 over 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: 0g (100%), Alcohol %: 0% (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: 461.31IU (9.23%), Vitamin D: 0.7µg (4.66%), Vitamin E: 0.35mg (2.31%)