



Southwest Style Creamy Corn Chowder

 **Gluten Free**

READY IN



220 min.

SERVINGS



8

CALORIES



248 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 slices bacon cut into 1 inch pieces
- 2 stalks celery thinly sliced
- 1 cup chicken broth
- 8 ounce cream cheese
- 4 cups corn kernels fresh
- 1 tablespoon garlic minced
- 2 tablespoons ground pepper black
- 0.5 cup milk 2% low-fat

0.5 cup mexican cheese blend shredded

0.3 cup sugar white

Equipment

slow cooker

Directions

Place sugar, corn, cream cheese, Mexican cheese, milk, chicken broth, celery, garlic, bacon, and pepper into a slow cooker. Cook on High for 1 hour, then reduce heat to Low and cook for an additional 2 1/2 hours.

Nutrition Facts

 **PROTEIN 11.31%**  **FAT 52.1%**  **CARBS 36.59%**

Properties

Glycemic Index:23.89, Glycemic Load:5.11, Inflammation Score:-5, Nutrition Score:7.8826086521149%

Flavonoids

Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 248.39kcal (12.42%), Fat: 15.2g (23.39%), Saturated Fat: 8g (49.98%), Carbohydrates: 24.02g (8.01%), Net Carbohydrates: 22.01g (8%), Sugar: 12.94g (14.38%), Cholesterol: 40.24mg (13.41%), Sodium: 302.06mg (13.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.43g (14.86%), Manganese: 0.36mg (17.8%), Phosphorus: 156.11mg (15.61%), Vitamin A: 647.17IU (12.94%), Calcium: 107.63mg (10.76%), Vitamin B2: 0.18mg (10.62%), Vitamin B1: 0.16mg (10.4%), Folate: 38.09µg (9.52%), Magnesium: 37.77mg (9.44%), Potassium: 328.82mg (9.39%), Vitamin B3: 1.68mg (8.38%), Vitamin B5: 0.84mg (8.37%), Selenium: 5.75µg (8.21%), Fiber: 2.01g (8.04%), Vitamin B6: 0.14mg (6.76%), Vitamin C: 5.55mg (6.73%), Vitamin K: 6.41µg (6.1%), Zinc: 0.88mg (5.85%), Vitamin B12: 0.27µg (4.53%), Copper: 0.08mg (3.99%), Iron: 0.68mg (3.77%), Vitamin E: 0.39mg (2.63%), Vitamin D: 0.22µg (1.46%)