



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

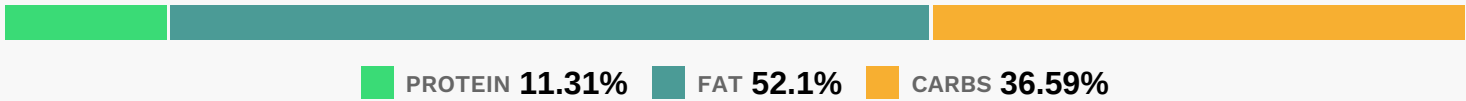
Equipment

- ☐ 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



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%)