



Southwest Thanksgiving Panini and Chowder

 Popular

READY IN



60 min.

SERVINGS



6

CALORIES



608 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tablespoons butter at room temperature
- ☐ 3 cups foods 365 chicken broth whole organic
- ☐ 6 servings coarse salt and pepper black freshly ground
- ☐ 0.3 cup flour
- ☐ 3 cups corn kernels fresh
- ☐ 1 clove garlic minced
- ☐ 0.3 pound gouda cheese smoked sliced
- ☐ 2 cups half-and-half

- ☐ 2 teaspoons jalapeño seeds removed minced
- ☐ 1 small onion diced
- ☐ 1 teaspoon orange zest grated
- ☐ 1 poblano chile diced stemmed seeded
- ☐ 8 slices rustic bread white sliced
- ☐ 0.3 cup ground whale tail tortilla chips plus chips crumbled for garnish
- ☐ 0.3 cup whale tails tortilla chips crushed
- ☐ 0.5 pound turkey breast sliced
- ☐ 0.5 cup foods cranberry sauce whole

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ whisk
- ☐ immersion blender

Directions

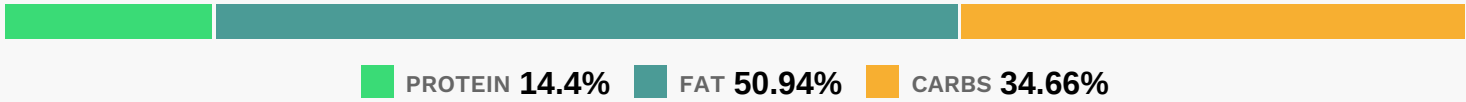
- ☐ In a large saucepan, melt the butter over medium heat.
- ☐ Add the onion, poblano and garlic, and saute for 4 to 5 minutes.
- ☐ Add the flour and ground tortilla chips and stir to make a roux. Continue cooking and stirring until the roux is cooked and fragrant; remove the pan from the heat and set it aside. Meanwhile, add the corn and chicken broth to another saucepan, bring it to a boil and let it simmer for 10 minutes. Ladle in a little of the broth and corn at a time into the saucepan with the roux, whisking briskly to prevent lumps. Return the saucepan to the heat and bring the mixture to a boil. It should become very thick.
- ☐ Remove it from the heat. In a small saucepan, gently heat the half-and-half. In batches, transfer the mixture to a food processor and puree till smooth (better yet, if you have an immersion blender, use it to puree the mixture right in the saucepan). Return the corn mixture to the saucepan and stir in the warmed half-and-half. Season the chowder with salt and pepper, to

taste.



Garnish individual servings with crumbled tortilla chips.

Nutrition Facts



Properties

Glycemic Index:47.17, Glycemic Load:3.37, Inflammation Score:-7, Nutrition Score:17.404347870661%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg

Nutrients (% of daily need)

Calories: 607.98kcal (30.4%), Fat: 35.42g (54.49%), Saturated Fat: 19.57g (122.33%), Carbohydrates: 54.22g (18.07%), Net Carbohydrates: 50.27g (18.28%), Sugar: 25.61g (28.46%), Cholesterol: 92.61mg (30.87%), Sodium: 921.54mg (40.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.52g (45.05%), Phosphorus: 387.26mg (38.73%), Vitamin B3: 7.14mg (35.72%), Vitamin C: 25.28mg (30.65%), Vitamin B2: 0.46mg (27%), Vitamin B6: 0.51mg (25.57%), Calcium: 250.68mg (25.07%), Selenium: 17.33µg (24.75%), Vitamin B1: 0.29mg (19.59%), Folate: 72.26µg (18.07%), Vitamin A: 874.35IU (17.49%), Magnesium: 69.15mg (17.29%), Potassium: 587.29mg (16.78%), Fiber: 3.95g (15.81%), Zinc: 2.25mg (15.01%), Manganese: 0.29mg (14.46%), Vitamin B5: 1.31mg (13.13%), Vitamin B12: 0.72µg (12.03%), Iron: 1.91mg (10.62%), Vitamin E: 1.28mg (8.53%), Copper: 0.13mg (6.74%), Vitamin K: 6.69µg (6.38%)