



Spicy Corn and Crab Chowder

READY IN



45 min.

SERVINGS



4

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 16 ounce corn kernels frozen thawed
- ☐ 8 ounce crab meat
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 cup half and half divided
- ☐ 1 cup milk 2% reduced-fat
- ☐ 1 cup onion finely chopped
- ☐ 1 medium poblano pepper

- ☐ 8 ounce baking potatoes peeled chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon sugar
- ☐ 2 cups water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ blender
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags
- ☐ dutch oven

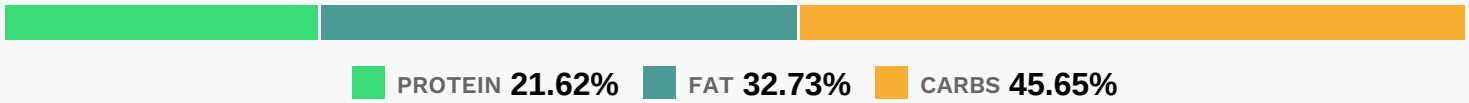
Directions

- ☐ Preheat broiler.
- ☐ Place poblano on a foil-lined baking sheet. Broil 8 minutes on each side or until blackened.
- ☐ Place pepper in a small zip-top plastic bag; seal.
- ☐ Let stand 10 minutes. Peel and chop.
- ☐ Melt the butter in a Dutch oven over medium-high heat.
- ☐ Add onion and next 3 ingredients (through red pepper) to pan; saut 4 minutes, stirring occasionally.
- ☐ Add corn; saut 2 minutes.
- ☐ Remove 3/4 cup corn mixture from pan.
- ☐ Combine 3/4 cup corn mixture and 3/4 cup half-and-half in a blender; process until smooth.
- ☐ Add potato to pan; saut 1 minute. Stir in 2 cups water; bring to a boil. Cook 4 minutes or until potato is almost tender. Reduce heat to medium.
- ☐ Combine remaining 1/4 cup half-and-half and flour in a small bowl, stirring until smooth.

☐

Add flour mixture to pan. Cook 1 minute, stirring constantly. Return corn puree to pan. Stir in poblano, milk, and crab; bring to a simmer. Cook 3 minutes, stirring frequently.

Nutrition Facts



Properties

Glycemic Index:87.21, Glycemic Load:11.4, Inflammation Score:-7, Nutrition Score:22.297391207322%

Flavonoids

Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.78mg, Quercetin: 8.78mg, Quercetin: 8.78mg, Quercetin: 8.78mg

Nutrients (% of daily need)

Calories: 340.17kcal (17.01%), Fat: 12.88g (19.82%), Saturated Fat: 7.18g (44.88%), Carbohydrates: 40.44g (13.48%), Net Carbohydrates: 36.12g (13.13%), Sugar: 13.8g (15.34%), Cholesterol: 57.23mg (19.08%), Sodium: 1095.65mg (47.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.15g (38.3%), Vitamin B12: 5.54µg (92.28%), Vitamin C: 36.65mg (44.43%), Selenium: 26.48µg (37.83%), Copper: 0.69mg (34.39%), Phosphorus: 342.08mg (34.21%), Zinc: 4.57mg (30.48%), Vitamin B6: 0.49mg (24.74%), Folate: 97.28µg (24.32%), Vitamin B2: 0.41mg (24.15%), Potassium: 782.15mg (22.35%), Magnesium: 77.36mg (19.34%), Calcium: 189.89mg (18.99%), Manganese: 0.36mg (18.19%), Fiber: 4.33g (17.3%), Vitamin B1: 0.22mg (14.62%), Vitamin B3: 2.89mg (14.44%), Vitamin B5: 1.26mg (12.55%), Vitamin A: 589.91IU (11.8%), Iron: 1.54mg (8.57%), Vitamin K: 4.64µg (4.42%), Vitamin E: 0.52mg (3.44%)