



## Spicy Southwest Corn Chowder

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pinch cayenne pepper to taste
- 2 cups chicken broth
- 0.3 cup cilantro leaves fresh chopped
- 2 cloves garlic chopped
- 1 teaspoon ground cumin
- 2 jalapeño peppers chopped
- 1 lime cut into wedges
- 1 onion chopped

- 1 chicken breast boneless skinless cut into small cubes
- 0.3 cup cup heavy whipping cream sour
- 1 tablespoon vegetable oil
- 45.8 ounce kernel corn whole drained canned

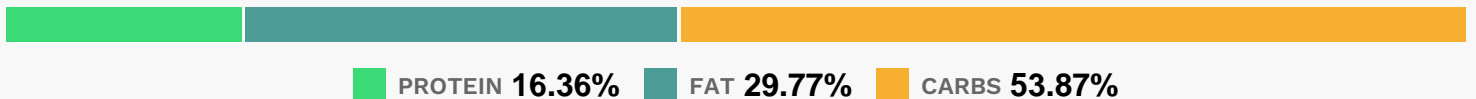
## Equipment

- sauce pan
- blender

## Directions

- Heat oil in large saucepan over medium-high heat. Cook and stir onion, jalapeno peppers, and garlic in the hot oil until the onion is tender, 5 to 7 minutes; season with cumin and cayenne pepper.
- Add corn, chicken broth, and diced chicken.
- Bring the soup to a boil. Reduce heat to low, place a cover on the saucepan, and cook at a simmer until the chicken is cooked through, about 15 minutes.
- Remove saucepan from heat and let soup cool.
- Pour soup into a blender no more than half full. Cover and hold lid down; pulse a few times before leaving on to blend. Puree in batches until smooth. Return pureed soup to the saucepan.
- Place saucepan over low heat; warm soup, stirring occasionally, until hot, about 5 minutes.
- Garnish servings with lime wedges, cilantro, and sour cream.

## Nutrition Facts



## Properties

Glycemic Index:47.5, Glycemic Load:1.22, Inflammation Score:-6, Nutrition Score:11.586086866648%

## Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.56mg, Quercetin: 6.56mg, Quercetin: 6.56mg, Quercetin: 6.56mg

## **Nutrients (% of daily need)**

Calories: 360.19kcal (18.01%), Fat: 12.02g (18.49%), Saturated Fat: 2.89g (18.05%), Carbohydrates: 48.95g (16.32%), Net Carbohydrates: 47.7g (17.35%), Sugar: 2.77g (3.08%), Cholesterol: 28.91mg (9.64%), Sodium: 1004.88mg (43.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.86g (29.72%), Vitamin B3: 5.95mg (29.74%), Vitamin C: 21.99mg (26.65%), Folate: 105.22µg (26.31%), Phosphorus: 226.04mg (22.6%), Potassium: 615.03mg (17.57%), Manganese: 0.33mg (16.58%), Vitamin B6: 0.31mg (15.49%), Selenium: 10.52µg (15.04%), Magnesium: 52.93mg (13.23%), Vitamin B2: 0.19mg (11.25%), Vitamin K: 11.2µg (10.67%), Zinc: 1.32mg (8.82%), Copper: 0.16mg (8.22%), Iron: 1.46mg (8.13%), Vitamin B1: 0.12mg (8.11%), Vitamin B5: 0.57mg (5.68%), Vitamin A: 269.13IU (5.38%), Vitamin E: 0.78mg (5.18%), Fiber: 1.25g (5.01%), Calcium: 47.89mg (4.79%), Vitamin B12: 0.11µg (1.84%)