



Summer Corn and Cod Chowder

READY IN



45 min.

SERVINGS



4

CALORIES



437 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups percent milk
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.8 pound cod skinless chopped
- ☐ 0.3 cup half-and-half fat-free
- ☐ 2 tablespoons flour all-purpose
- ☐ 2.5 cups corn kernels fresh
- ☐ 2 teaspoons thyme leaves fresh finely chopped
- ☐ 1.5 teaspoons garlic finely chopped
- ☐ 0.8 teaspoon kosher salt

- ☐ 2 cups chicken broth reduced-sodium
- ☐ 8 scallions separated thinly sliced
- ☐ 3 slices center-cut bacon halved
- ☐ 2 medium yukon gold potatoes peeled cut in 1/2-inch dice

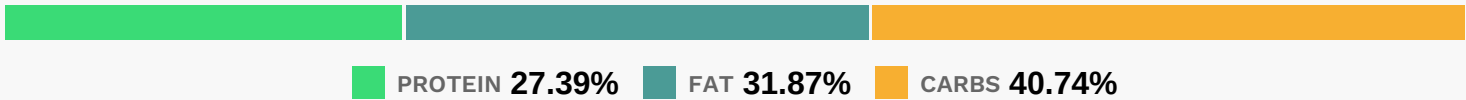
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ ladle

Directions

- ☐ In a large saucepan, cook bacon over medium heat until crisp, 6 minutes.
- ☐ Transfer to a paper towel-lined plate; crumble. In same pan, sauté scallion whites for 2 minutes.
- ☐ Add garlic; sauté 1 minute.
- ☐ Add flour; cook, stirring frequently, 2 minutes. Stir in potatoes, milk, broth, thyme, salt and pepper; bring to a boil. Reduce heat to medium-low; simmer 10 minutes. Stir in fish, corn and 2/3 bacon; simmer 5 minutes. Stir in half-and-half and 3/4 scallion greens; simmer 2 minutes. Ladle into bowls and garnish with remaining scallion greens and bacon.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:74.44, Glycemic Load:13.47, Inflammation Score:-9, Nutrition Score:25.666521694349%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

Nutrients (% of daily need)

Calories: 436.63kcal (21.83%), Fat: 15.95g (24.53%), Saturated Fat: 5.86g (36.61%), Carbohydrates: 45.87g (15.29%), Net Carbohydrates: 41.27g (15.01%), Sugar: 13.78g (15.31%), Cholesterol: 64.57mg (21.52%), Sodium: 789.22mg (34.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.84g (61.68%), Selenium: 39.34µg (56.2%), Phosphorus: 522.78mg (52.28%), Vitamin K: 52.15µg (49.67%), Potassium: 1386.92mg (39.63%), Vitamin B3: 7.46mg (37.29%), Vitamin C: 30.56mg (37.04%), Vitamin B6: 0.72mg (35.75%), Vitamin B1: 0.45mg (29.83%), Vitamin B12: 1.73µg (28.82%), Vitamin B2: 0.49mg (28.63%), Magnesium: 107.79mg (26.95%), Folate: 86.83µg (21.71%), Manganese: 0.43mg (21.37%), Calcium: 212.2mg (21.22%), Fiber: 4.6g (18.41%), Vitamin B5: 1.72mg (17.16%), Zinc: 2.32mg (15.48%), Iron: 2.58mg (14.32%), Copper: 0.28mg (14.09%), Vitamin A: 629.46IU (12.59%), Vitamin E: 0.91mg (6.07%), Vitamin D: 0.87µg (5.82%)