



## Summer Corn Chowder

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



310 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 teaspoon pepper black as needed freshly ground plus more
- 6 servings chives finely chopped for serving
- 3 cups ears corn fresh frozen thaw ( if )
- 0.5 cup cup heavy whipping cream
- 2 teaspoons kosher salt as needed plus more
- 1 pound baking potatoes peeled ( 2 medium)
- 2 ounces bacon thick-cut ( 3 slices)
- 3 cups milk whole

1 medium onion yellow

## Equipment

sauce pan

blender

slotted spoon

dutch oven

## Directions

Place the bacon in a large, heavy-bottomed saucepan or Dutch oven over medium heat and cook, stirring occasionally, until crispy, about 7 to 10 minutes.

Remove with a slotted spoon to a small paper-towel-lined plate and set aside.

Add the onion to the bacon fat, season with salt and pepper, and stir to combine. Cook, stirring occasionally, until softened, about 5 minutes. Meanwhile, place 1 cup of the corn and 1 cup of the milk in a blender and blend until smooth; set aside. Increase the heat to medium high, add the corn-milk purée, remaining 2 cups of corn and 2 cups of milk, potatoes, and measured salt and pepper. Stir to combine, then bring to a simmer. Reduce the heat to low and continue to simmer, stirring occasionally, until the potatoes are just cooked through and the soup has thickened slightly, about 10 minutes.

Add the cream, stir to combine, and return to a simmer. Taste and season with salt and pepper as needed.

Serve garnished with the chives and reserved bacon.

## Nutrition Facts

 PROTEIN 12.31%  FAT 44.02%  CARBS 43.67%

## Properties

Glycemic Index:37.79, Glycemic Load:13.32, Inflammation Score:-6, Nutrition Score:12.697391240493%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

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

Calories: 310.16kcal (15.51%), Fat: 15.88g (24.44%), Saturated Fat: 8.35g (52.21%), Carbohydrates: 35.46g (11.82%), Net Carbohydrates: 32.65g (11.87%), Sugar: 12.25g (13.61%), Cholesterol: 43.29mg (14.43%), Sodium: 904.88mg (39.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10g (20%), Phosphorus: 260.6mg (26.06%), Vitamin B6: 0.46mg (22.93%), Potassium: 763.65mg (21.82%), Vitamin B1: 0.28mg (18.81%), Calcium: 181.26mg (18.13%), Vitamin B2: 0.28mg (16.74%), Magnesium: 63.93mg (15.98%), Manganese: 0.29mg (14.68%), Vitamin C: 11.3mg (13.69%), Vitamin A: 673.83IU (13.48%), Vitamin B5: 1.33mg (13.34%), Vitamin B3: 2.62mg (13.08%), Vitamin B12: 0.74µg (12.3%), Folate: 46.39µg (11.6%), Vitamin D: 1.7µg (11.31%), Fiber: 2.81g (11.25%), Zinc: 1.25mg (8.35%), Selenium: 5.66µg (8.09%), Copper: 0.14mg (6.8%), Iron: 1.16mg (6.46%), Vitamin K: 5.06µg (4.81%), Vitamin E: 0.35mg (2.33%)