



Sweet Corn Chowder with Hot-Smoked Salmon

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups baking potatoes cubed peeled
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 3 cups fat-skimmed beef broth fat-free
- ☐ 4 teaspoons chives fresh chopped
- ☐ 1.5 cups ears corn fresh
- ☐ 0.1 teaspoon ground pepper red

- ☐ 15 ounce corn cream-style canned
- ☐ 2 cups onion chopped
- ☐ 9 ounce salmon flaked

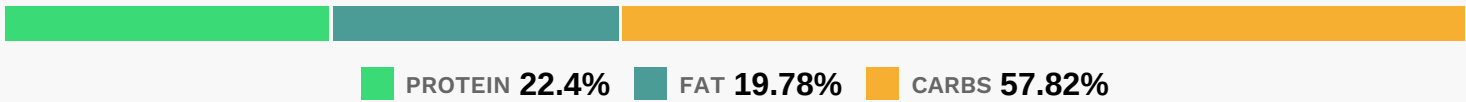
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle

Directions

- ☐ Melt butter in a large saucepan over medium-high heat.
- ☐ Add onion; saut 4 minutes.
- ☐ Add potato and broth; bring to a boil. Reduce heat, and simmer 10 minutes or until potato is tender.
- ☐ Add corn kernels and cream-style corn; cook 5 minutes. Stir in peppers. Ladle 1 1/4 cups chowder into each of 4 soup bowls. Divide salmon evenly among bowls.
- ☐ Garnish each serving with 1 teaspoon chives.

Nutrition Facts



Properties

Glycemic Index:67.69, Glycemic Load:9.68, Inflammation Score:-7, Nutrition Score:20.622608630554%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.08mg, Isorhamnetin: 4.08mg, Isorhamnetin: 4.08mg, Isorhamnetin: 4.08mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.29mg, Quercetin: 16.29mg, Quercetin: 16.29mg, Quercetin: 16.29mg

Nutrients (% of daily need)

Calories: 307.09kcal (15.35%), Fat: 7.21g (11.09%), Saturated Fat: 2.69g (16.82%), Carbohydrates: 47.45g (15.82%),
Net Carbohydrates: 42.92g (15.61%), Sugar: 10.86g (12.07%), Cholesterol: 22.2mg (7.4%), Sodium: 1510.63mg
(65.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.37g (36.75%), Vitamin D: 10.91µg (72.72%), Vitamin
B12: 2.43µg (40.43%), Selenium: 25.84µg (36.92%), Vitamin B3: 6.63mg (33.17%), Vitamin B6: 0.61mg (30.61%),
Phosphorus: 281.89mg (28.19%), Folate: 95.85µg (23.96%), Potassium: 810.05mg (23.14%), Vitamin C: 17.81mg
(21.59%), Manganese: 0.4mg (20.15%), Magnesium: 73.11mg (18.28%), Fiber: 4.53g (18.11%), Copper: 0.36mg
(17.82%), Vitamin B5: 1.62mg (16.17%), Vitamin B1: 0.22mg (14.71%), Vitamin B2: 0.23mg (13.51%), Iron: 2.15mg
(11.96%), Zinc: 1.36mg (9.04%), Vitamin A: 395.69IU (7.91%), Vitamin E: 1.1mg (7.32%), Calcium: 46.22mg (4.62%),
Vitamin K: 4.19µg (3.99%)