



Sweet Potato Chowder

READY IN



50 min.

SERVINGS



4

CALORIES



1436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 chipotle sauce canned minced
- 28 ounce regular corn canned
- 43.5 ounce chicken broth canned
- 0.3 cup picked cilantro leaves
- 4 servings cilantro leaves for garnish
- 8 flour tortillas
- 0.5 medium bell pepper diced sweet green
- 1 cup lowfat milk
- 1 cup monterey jack shredded

- 0.5 medium bell pepper diced sweet red
- 0.5 teaspoon salt
- 2 large sweet potatoes peeled cut into 1-inch cubes
- 0.5 pound thick-cut bacon cut into 1/2-inch pieces
- 0.5 large onion diced white

Equipment

- oven
- pot

Directions

- Cook the bacon in a large stockpot over medium heat until it begins to crisp. Spoon off the bacon fat, except for a thin coating.
- Add the peppers and onion to the bacon and continue cooking, stirring frequently, until the vegetables are tender.
- Add the sweet potatoes, chicken broth, and chipotles and simmer, covered, 15 minutes or until the potatoes are tender. Stir in the corn, milk, and salt; heat through.
- Serve with quesadillas and garnish with cilantro.
- Heat tortillas in a preheated 350 degree F oven until warm. Top each with some shredded Monterey Jack and a few cilantro leaves. Top each with another tortilla.
- Heat until cheese is melted.

Nutrition Facts



PROTEIN 30.16% **FAT 41.04%** **CARBS 28.8%**

Properties

Glycemic Index:63, Glycemic Load:26.92, Inflammation Score:-10, Nutrition Score:48.899565447932%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg

Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg

Nutrients (% of daily need)

Calories: 1436.28kcal (71.81%), Fat: 64.41g (99.09%), Saturated Fat: 22.45g (140.31%), Carbohydrates: 101.69g (33.9%), Net Carbohydrates: 92.45g (33.62%), Sugar: 14.94g (16.6%), Cholesterol: 219.66mg (73.22%), Sodium: 3205.53mg (139.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 106.49g (212.98%), Vitamin A: 25613.39IU (512.27%), Selenium: 87.98µg (125.68%), Phosphorus: 1037.22mg (103.72%), Vitamin B3: 15.17mg (75.85%), Zinc: 10.96mg (73.04%), Vitamin B12: 3.96µg (66.01%), Vitamin B6: 1.29mg (64.29%), Vitamin B2: 0.87mg (51.37%), Vitamin C: 40.14mg (48.65%), Calcium: 481.41mg (48.14%), Potassium: 1669.34mg (47.7%), Iron: 8.54mg (47.45%), Manganese: 0.92mg (46.08%), Vitamin B1: 0.68mg (45.63%), Magnesium: 163.06mg (40.76%), Folate: 157.66µg (39.41%), Fiber: 9.24g (36.96%), Copper: 0.59mg (29.53%), Vitamin B5: 2.14mg (21.37%), Vitamin K: 20.55µg (19.57%), Vitamin E: 2.08mg (13.86%), Vitamin D: 1.35µg (9.02%)