



Tangy Vegan Crockpot Corn Chowder

 **Gluten Free**  **Dairy Free**

READY IN



510 min.

SERVINGS



6

CALORIES



294 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 servings pepper black to taste
- 1 tablespoon chili powder
- 1 clove garlic minced
- 1 juice of lime juiced
- 0.3 cup butter
- 1 large onion diced
- 1 tablespoon parsley flakes
- 3 potatoes diced

- 2 chile peppers red minced
- 2 teaspoons salt
- 1.8 cups soy milk
- 3 cups vegetable broth
- 24 ounce kernel corn whole canned

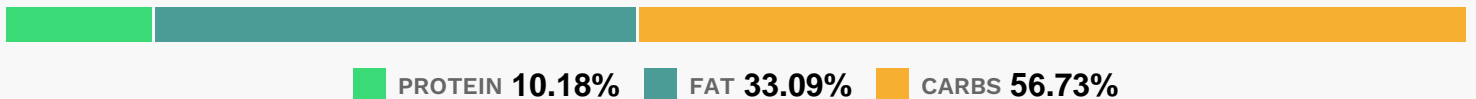
Equipment

- pot
- blender
- kitchen towels
- slow cooker

Directions

- Place the corn, vegetable broth, potatoes, onion, garlic, red chile peppers, chili powder, salt, parsley, and black pepper in a slow cooker; cover. Cook on Low for 7 hours.
- Pour the vegetable mixture into a blender, filling the pitcher no more than halfway full. Hold the lid of the blender with a folded kitchen towel and carefully start the blender using a few quick pulses before leaving it on to puree. Puree in batches until smooth and pour into a clean pot. Alternately, you can use a stick blender and puree the mixture in the cooking pot. Once everything has been pureed, return it to the slow cooker. Stir the soy milk and margarine to the mixture; cook on Low for 1 hour more.
- Add the lime juice to serve.

Nutrition Facts



Properties

Glycemic Index:49.36, Glycemic Load:16.07, Inflammation Score:-8, Nutrition Score:16.231739313706%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg,

Naringenin: 0.02mg Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2.36mg, Isorhamnetin: 2.36mg, Isorhamnetin: 2.36mg, Isorhamnetin: 2.36mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.85mg, Quercetin: 5.85mg, Quercetin: 5.85mg

Nutrients (% of daily need)

Calories: 293.75kcal (14.69%), Fat: 11.01g (16.94%), Saturated Fat: 2.05g (12.84%), Carbohydrates: 42.47g (14.16%), Net Carbohydrates: 38.6g (14.03%), Sugar: 5.64g (6.26%), Cholesterol: 0mg (0%), Sodium: 1585.93mg (68.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.62g (15.24%), Vitamin C: 53.37mg (64.69%), Vitamin B6: 0.62mg (31.03%), Vitamin A: 1409.43IU (28.19%), Vitamin B3: 4.69mg (23.45%), Potassium: 810.02mg (23.14%), Folate: 81.75µg (20.44%), Manganese: 0.37mg (18.31%), Vitamin E: 2.7mg (17.99%), Fiber: 3.88g (15.51%), Copper: 0.28mg (14.23%), Vitamin B2: 0.23mg (13.72%), Calcium: 132.83mg (13.28%), Phosphorus: 130.15mg (13.01%), Vitamin B12: 0.75µg (12.55%), Magnesium: 47.24mg (11.81%), Vitamin B1: 0.17mg (11.63%), Iron: 1.96mg (10.88%), Vitamin K: 10.37µg (9.87%), Zinc: 0.96mg (6.41%), Vitamin D: 0.83µg (5.51%), Vitamin B5: 0.41mg (4.1%), Selenium: 2.5µg (3.58%)