



Tex-Mex Corn Chowder

READY IN



40 min.

SERVINGS



6

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 ounce chicken broth canned
- 1 tablespoon chili powder
- 16 ounce corn kernels frozen thawed
- 8 ounces cream cheese softened
- 1 tablespoon flour all-purpose
- 1 teaspoon ground cumin
- 2 tablespoons butter
- 1 cup milk
- 1.5 cups onion chopped

2 cups salsa

Equipment

bowl

sauce pan

Directions

In a large saucepan, saute onions in margarine. Stir in flour, chili powder, and cumin.

Add corn, picante sauce, and broth. Bring to boil; remove from heat.

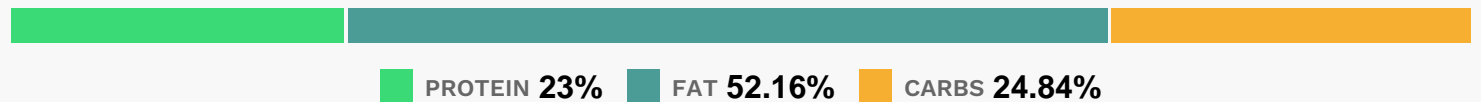
Gradually add 1/4 cup hot mixture to cream cheese in a small bowl. Stir until blended.

Add cream cheese mixture and milk to saucepan, stirring until well blended.

Heat through but do not boil.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:28.67, Glycemic Load:2.81, Inflammation Score:-8, Nutrition Score:14.811304465584%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 418.34kcal (20.92%), Fat: 25.01g (38.48%), Saturated Fat: 10.97g (68.58%), Carbohydrates: 26.8g (8.93%), Net Carbohydrates: 22.51g (8.19%), Sugar: 11.84g (13.15%), Cholesterol: 77.31mg (25.77%), Sodium: 1255.94mg (54.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.82g (49.64%), Vitamin A: 1712.IIU (34.24%), Phosphorus: 268.54mg (26.85%), Selenium: 18.78µg (26.82%), Vitamin B6: 0.44mg (21.75%), Vitamin B2: 0.34mg (19.94%), Vitamin B3: 3.74mg (18.7%), Potassium: 632.77mg (18.08%), Zinc: 2.63mg (17.56%), Fiber: 4.28g (17.14%), Vitamin B12: 0.99µg (16.54%), Vitamin E: 2.36mg (15.75%), Manganese: 0.28mg (14.19%), Calcium: 141.1mg (14.11%), Magnesium: 51.75mg (12.94%), Folate: 46.55µg (11.64%), Iron: 2.09mg (11.63%), Vitamin B5: 0.88mg (8.81%), Vitamin

B1: 0.12mg (8.26%), Copper: 0.16mg (7.82%), Vitamin K: 7.72µg (7.35%), Vitamin C: 5.86mg (7.1%), Vitamin D: 0.52µg (3.44%)