

The Minimalist's Corn Chowder



Vegetarian



Gluten Free

READY IN



3040 min.

SERVINGS



4

CALORIES



246 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 ears corn
- ☐ 0.5 cup parsley fresh chopped
- ☐ 1 cup milk
- ☐ 1 tablespoon butter neutral
- ☐ 1 medium onion chopped
- ☐ 2 medium potatoes peeled chopped
- ☐ 4 servings pepper black freshly ground
- ☐ 2 tomatoes cored seeded chopped

Equipment

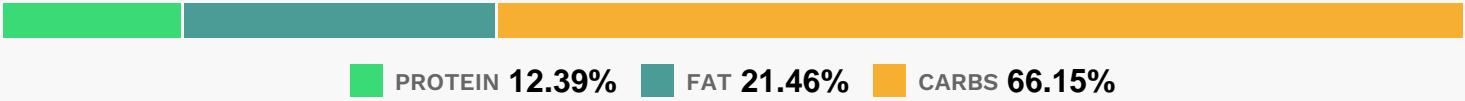
- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ pot

Directions

- ☐ Shuck the corn and use a paring knife to strip the kernels into a bowl.
- ☐ Put the cobs in a pot with 4 cups water; bring to a boil, cover, and simmer for 10 minutes.
- ☐ Meanwhile, put the butter or oil in a saucepan and turn the heat to medium-high. When the butter melts or the oil is hot, add the onion and potatoes, along with a sprinkling of salt and pepper. Cook, stirring occasionally, until the onion softens, about 5 minutes; add the tomatoes if you're using them and cook, stirring, for another minute or two.
- ☐ After the corn cobs have cooked for at least 10 minutes, strain the liquid into the onion-potato mixture. Bring to a boil, then turn the heat down so the mixture simmers. When the potatoes are tender, about 10 minutes, add the corn kernels and milk and heat through. Taste and adjust seasoning if necessary, garnish with the parsley, and serve.
- ☐ Keys To Success
- ☐ STRIP THE KERNELS from the cob with a sharp knife, and make sure to catch any liquid that seeps out during the process.
- ☐ TO MINIMIZE COOKING TIME, chop the potatoes into 1/4-inch pieces. Leave them larger if you're not in a hurry.
- ☐ AS LONG AS your corn is young and tender, the kind you can just about eat raw, the kernels should be held out of the mix until the chowder is just about ready, so they don't overcook. But the new supersweet hybrids, which retain much of their flavor in the refrigerator for a few days, are not as tender, and their kernels should be cooked for a few minutes at least. Just keep tasting and stop cooking when the texture seems right.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ and the classic bestseller How to Cook Everything, which has sold more than one million copies. He is also the coauthor, with Jean-Georges Vongerichten, of Simple to Spectacular

and Jean-Georges: Cooking at Home with a Four-Star Chef. Mr. Bittman is a prolific writer, makes frequent appearances on radio and television, and is the host of The Best Recipes in the World, a 13-part series on public television. He lives in New York and Connecticut.

Nutrition Facts



Properties

Glycemic Index:75.19, Glycemic Load:15.98, Inflammation Score:-9, Nutrition Score:20.444347796233%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg Myricetin: 1.2mg, Myricetin: 1.2mg, Myricetin: 1.2mg, Myricetin: 1.2mg Quercetin: 6.71mg, Quercetin: 6.71mg, Quercetin: 6.71mg, Quercetin: 6.71mg

Nutrients (% of daily need)

Calories: 246.12kcal (12.31%), Fat: 6.31g (9.71%), Saturated Fat: 3.29g (20.59%), Carbohydrates: 43.79g (14.6%), Net Carbohydrates: 38.16g (13.88%), Sugar: 12.25g (13.61%), Cholesterol: 14.85mg (4.95%), Sodium: 73.97mg (3.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.2g (16.4%), Vitamin K: 130.85µg (124.62%), Vitamin C: 47.54mg (57.62%), Vitamin A: 1501.91IU (30.04%), Potassium: 1012.49mg (28.93%), Vitamin B6: 0.52mg (26.22%), Phosphorus: 230.5mg (23.05%), Fiber: 5.62g (22.49%), Manganese: 0.44mg (22.12%), Folate: 80.81µg (20.2%), Vitamin B1: 0.3mg (20.07%), Magnesium: 78.62mg (19.66%), Vitamin B3: 3.28mg (16.39%), Vitamin B5: 1.31mg (13.12%), Vitamin B2: 0.2mg (11.51%), Calcium: 113.72mg (11.37%), Copper: 0.22mg (11.19%), Iron: 2mg (11.1%), Zinc: 1.21mg (8.06%), Vitamin B12: 0.34µg (5.59%), Vitamin D: 0.67µg (4.47%), Vitamin E: 0.58mg (3.87%), Selenium: 2.2µg (3.15%)