



Vegetarian Slow Cooker Corn Chowder

 Gluten Free

READY IN



210 min.

SERVINGS



16

CALORIES



251 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 bell peppers chopped
- ☐ 2 tablespoons butter
- ☐ 45 ounce regular corn cream-style canned
- ☐ 3 large carrots chopped
- ☐ 3 stalks celery chopped
- ☐ 3 cherry peppers hot seeded chopped
- ☐ 45.8 ounce whole-kernel corn canned
- ☐ 4 cups half-and-half cream

- ☐ 16 ounce hash brown potatoes diced frozen
- ☐ 2 jalapeño peppers seeded chopped
- ☐ 2 poblano peppers seeded chopped
- ☐ 1 large onion red chopped
- ☐ 1 large onion sweet white chopped

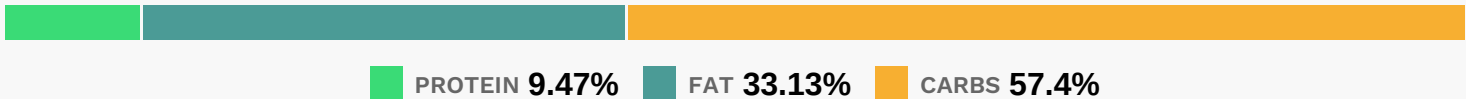
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Pour cream-style corn and whole-kernel corn in a slow cooker set to Low; add hash browns and stir.
- ☐ Heat butter in a skillet over medium heat; cook and stir red onion, white onion, bell peppers, celery, carrots, jalapeno peppers, cherry peppers, and poblano peppers in the melted butter until onions are slightly translucent, 10 to 15 minutes. Stir vegetable mixture into slow cooker; top with half-and-half.
- ☐ Cook, stirring occasionally, for about 3 hours.

Nutrition Facts



Properties

Glycemic Index:17.99, Glycemic Load:2.58, Inflammation Score:-10, Nutrition Score:14.713043389113%

Flavonoids

Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 250.54kcal (12.53%), Fat: 10.04g (15.44%), Saturated Fat: 5.49g (34.29%), Carbohydrates: 39.11g (13.04%), Net Carbohydrates: 34.45g (12.53%), Sugar: 11.47g (12.74%), Cholesterol: 24.94mg (8.31%), Sodium: 494.55mg (21.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.46g (12.91%), Vitamin A: 3415.2IU (68.3%), Vitamin C: 52.26mg (63.35%), Folate: 87.86µg (21.96%), Fiber: 4.66g (18.64%), Phosphorus: 169.64mg (16.96%), Vitamin B2: 0.28mg (16.31%), Potassium: 538.8mg (15.39%), Vitamin B6: 0.28mg (14.22%), Manganese: 0.28mg (14.07%), Vitamin B3: 2.6mg (13.01%), Magnesium: 41.79mg (10.45%), Vitamin B1: 0.13mg (8.94%), Calcium: 87.27mg (8.73%), Vitamin B5: 0.87mg (8.66%), Zinc: 1.13mg (7.51%), Vitamin K: 7.47µg (7.12%), Copper: 0.13mg (6.56%), Vitamin E: 0.9mg (6.02%), Iron: 1.07mg (5.95%), Selenium: 3µg (4.28%), Vitamin B12: 0.12µg (1.97%)