



Bab's New England Seafood Chowder

READY IN



65 min.

SERVINGS



10

CALORIES



442 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 slices bacon cut into small pieces
- 2 bay leaves
- 1 pound bay scallops
- 3 tablespoons butter
- 4 rib celery diced
- 2 pounds filets cut into chunks
- 1 tablespoon thyme leaves dried
- 24 fluid ounce evaporated milk canned
- 1 cup flour all-purpose

- 0.5 cup parsley fresh chopped
- 2 cloves garlic minced
- 1 tablespoon ground pepper black
- 1 pound clam meat fresh chopped
- 2 cups new potatoes diced
- 1 tablespoon seafood seasoning old bay® (such as)
- 1 quart seafood stock
- 1 pound shrimp deveined peeled
- 1 tablespoon paprika smoked
- 1 large onion diced sweet vidalia® (such as)

Equipment

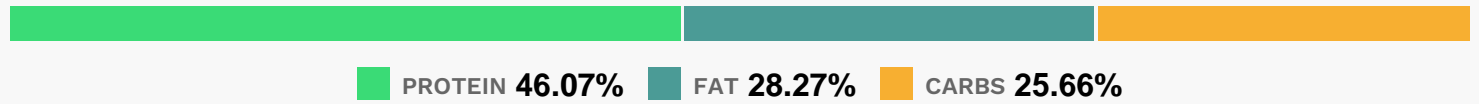
- paper towels
- pot
- slotted spoon
- dutch oven

Directions

- Melt butter in a Dutch oven over medium heat. Cook and stir bacon in melted butter until crisp, about 10 minutes.
- Remove bacon with a slotted spoon to a plate lined with paper towel, reserving drippings in the pot.
- Add onion and celery to the reserved drippings; cook and stir until the onion is translucent, 5 to 7 minutes.
- Stir garlic, thyme, pepper, seafood seasoning, and paprika into the onion mixture.
- Sprinkle flour over the mixture and stir; cook for 2 minutes. Fold potatoes into the mixture.
- Pour seafood stock over the mixture.
- Add bay leaves. Bring the stock to a simmer; cook, stirring occasionally, until potatoes are tender and the liquid thickens to your liking, 20 to 30 minutes.

- Stir evaporated milk into the simmering stock; add cod, bay scallops, clam meat, and shrimp. Continue cooking the mixture at a simmer until the seafood is cooked through, about 5 minutes.
- Garnish with parsley to serve.

Nutrition Facts



Properties

Glycemic Index:34.97, Glycemic Load:10.92, Inflammation Score:-8, Nutrition Score:28.006521598152%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg

Nutrients (% of daily need)

Calories: 442.46kcal (22.12%), Fat: 13.7g (21.07%), Saturated Fat: 6.69g (41.8%), Carbohydrates: 27.98g (9.33%), Net Carbohydrates: 25.97g (9.44%), Sugar: 9.27g (10.3%), Cholesterol: 184.47mg (61.49%), Sodium: 773.42mg (33.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.22g (100.44%), Selenium: 58.27µg (83.25%), Phosphorus: 754.73mg (75.47%), Vitamin K: 62.75µg (59.76%), Vitamin B3: 9.79mg (48.93%), Vitamin B6: 0.82mg (41.2%), Potassium: 1290.53mg (36.87%), Vitamin B12: 1.79µg (29.89%), Calcium: 296.83mg (29.68%), Vitamin B2: 0.46mg (27.22%), Magnesium: 103.66mg (25.92%), Vitamin B1: 0.29mg (19.5%), Vitamin A: 961.77IU (19.24%), Copper: 0.38mg (19.11%), Manganese: 0.37mg (18.38%), Zinc: 2.72mg (18.14%), Iron: 3.22mg (17.89%), Vitamin C: 14.75mg (17.88%), Folate: 67.15µg (16.79%), Vitamin B5: 1.58mg (15.83%), Vitamin E: 1.33mg (8.83%), Fiber: 2.01g (8.03%), Vitamin D: 0.95µg (6.34%)