



Cape Anne Chowder

READY IN



70 min.

SERVINGS



9

CALORIES



288 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 slices oscar mayer bacon chopped
- 0.5 lb baking potatoes cubed peeled (2)
- 6 oz crab meat flaked drained canned
- 2 stalks celery sliced
- 1 lb filets cut into chunks
- 2 Tbsp flour
- 2 cups milk
- 1 large onion coarsely chopped
- 0.3 tsp pepper

- 8 oz cracker barrel sharp cheddar cheese shredded
- 2 cups water

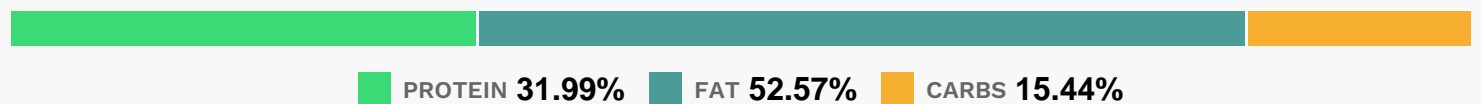
Equipment

- frying pan
- paper towels
- sauce pan
- slotted spoon

Directions

- Cook and stir bacon in large saucepan on medium heat until crisp.
- Remove bacon from pan with slotted spoon, reserving 2 Tbsp. drippings in pan.
- Drain bacon on paper towels.
- Add onions to drippings in pan; cook 5 to 6 min. or until crisp-tender, stirring occasionally.
- Add flour; mix well. Gradually stir in water until blended.
- Add vegetables and pepper; stir. Bring to boil; cover. Simmer on medium-low heat 20 min. or until potatoes are tender.
- Stir in cheese; cook 2 min. or until melted, stirring frequently.
- Add milk, cod and crabmeat; cook 8 to 10 min. or until fish is done, stirring occasionally.
- Serve topped with bacon.

Nutrition Facts



Properties

Glycemic Index:35.08, Glycemic Load:6.02, Inflammation Score:-5, Nutrition Score:13.875652105912%

Flavonoids

Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.42mg, Quercetin:

3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg

Nutrients (% of daily need)

Calories: 287.55kcal (14.38%), Fat: 16.67g (25.65%), Saturated Fat: 7.92g (49.51%), Carbohydrates: 11.02g (3.67%), Net Carbohydrates: 10.2g (3.71%), Sugar: 3.68g (4.09%), Cholesterol: 81.39mg (27.13%), Sodium: 427.83mg (18.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.82g (45.64%), Selenium: 36.69µg (52.41%), Phosphorus: 360.55mg (36.05%), Vitamin B12: 1.72µg (28.69%), Calcium: 283.59mg (28.36%), Vitamin B6: 0.36mg (17.84%), Vitamin B2: 0.27mg (16.14%), Zinc: 2.4mg (15.98%), Potassium: 541.92mg (15.48%), Vitamin B3: 2.63mg (13.14%), Magnesium: 47.43mg (11.86%), Copper: 0.23mg (11.5%), Vitamin B1: 0.16mg (10.94%), Vitamin D: 1.26µg (8.4%), Vitamin A: 407.1IU (8.14%), Folate: 31.41µg (7.85%), Vitamin B5: 0.78mg (7.8%), Vitamin E: 0.98mg (6.54%), Manganese: 0.12mg (5.83%), Vitamin C: 4.07mg (4.94%), Iron: 0.74mg (4.1%), Vitamin K: 4.1µg (3.9%), Fiber: 0.81g (3.25%)