



Cathy's Amazing Fish Chowder

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



987 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound bacon sliced
- ☐ 0.5 cup butter
- ☐ 2 tablespoons butter
- ☐ 1.5 pounds filets cut into 1 inch cubes
- ☐ 2 pounds filets fresh cut into large chunks
- ☐ 12 fluid ounce evaporated milk canned
- ☐ 24 fluid ounce evaporated milk canned
- ☐ 8 servings parsley fresh chopped

- ☐ 3 tablespoons juice of lemon
- ☐ 2 cups milk
- ☐ 1 large onion chopped
- ☐ 2 teaspoons pepper
- ☐ 5 medium potatoes diced peeled
- ☐ 6 cups potatoes diced peeled
- ☐ 2.5 teaspoons salt
- ☐ 8 servings salt and pepper to taste
- ☐ 4 cups water
- ☐ 0.5 cup milk whole

Equipment

- ☐ bowl
- ☐ paper towels
- ☐ ladle
- ☐ pot

Directions

- ☐ Place bacon strips in a large stockpot over medium-high heat. Cook bacon until crisp, then remove to paper towels to drain.
- ☐ Drain grease from the pot, reserving about 1 tablespoon. Set heat to medium, and fry onions in the reserved bacon grease until tender, about 5 minutes.
- ☐ Add potatoes, and fill pot with just enough water to cover them. Bring to a boil, then cook until potatoes are almost tender, about 5 minutes.
- ☐ Add fish pieces, evaporated milk, whole milk, and butter. Bring to a boil, then simmer over low heat for 30 minutes. Season with salt and pepper to taste. Ladle into bowls, and top with crumbled bacon pieces.

Nutrition Facts



Properties

Glycemic Index:48.06, Glycemic Load:39.01, Inflammation Score:-9, Nutrition Score:45.300869236822%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 2.51mg, Kaempferol: 2.51mg, Kaempferol: 2.51mg, Kaempferol: 2.51mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 5.87mg, Quercetin: 5.87mg, Quercetin: 5.87mg, Quercetin: 5.87mg

Nutrients (% of daily need)

Calories: 986.87kcal (49.34%), Fat: 50.93g (78.36%), Saturated Fat: 19.59g (122.45%), Carbohydrates: 71.26g (23.75%), Net Carbohydrates: 64.27g (23.37%), Sugar: 20.27g (22.52%), Cholesterol: 178.02mg (59.34%), Sodium: 1755.83mg (76.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 60.49g (120.97%), Selenium: 82.63µg (118.04%), Phosphorus: 1010.38mg (101.04%), Vitamin C: 70.68mg (85.67%), Vitamin B6: 1.64mg (81.95%), Potassium: 2741.9mg (78.34%), Vitamin K: 73.49µg (69.99%), Calcium: 532.15mg (53.21%), Vitamin B3: 9.87mg (49.33%), Vitamin B2: 0.81mg (47.69%), Magnesium: 185.01mg (46.25%), Vitamin B12: 2.73µg (45.57%), Vitamin B1: 0.66mg (44.04%), Vitamin A: 1483.08IU (29.66%), Manganese: 0.59mg (29.45%), Fiber: 6.99g (27.95%), Vitamin B5: 2.68mg (26.81%), Zinc: 3.84mg (25.62%), Copper: 0.46mg (22.79%), Iron: 3.86mg (21.42%), Folate: 82.14µg (20.53%), Vitamin D: 2.98µg (19.9%), Vitamin E: 2.36mg (15.75%)