



Chesapeake Chowder

READY IN



70 min.

SERVINGS



25

CALORIES



89 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 rib celery stalks chopped
- ☐ 1 cup wine dry white
- ☐ 2.5 cups chicken broth
- ☐ 8 oz bottled clam juice
- ☐ 0.5 pound crab meat fresh
- ☐ 0.3 cup flour all-purpose
- ☐ 3 garlic clove minced
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 1 tablespoon old bay seasoning

- ☐ 1 tablespoon olive oil
- ☐ 1 onion chopped
- ☐ 25 servings parsley fresh chopped
- ☐ 5 potatoes – remove skin diced red peeled
- ☐ 0.5 pound shrimp fresh unpeeled

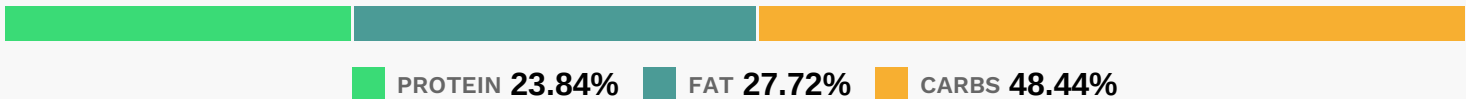
Equipment

- ☐ dutch oven

Directions

- ☐ Peel shrimp; devein, if desired.
- ☐ Drain and flake crabmeat, removing any bits of shell. Set seafood aside.
- ☐ Saut onion, garlic, and celery in hot oil in a Dutch oven over medium–high heat 8 minutes or until tender. Stir in flour, and cook, stirring constantly, 1 minute. Stir in broth and next 4 ingredients. Bring to a boil; cover, reduce heat, and simmer, stirring occasionally, 30 minutes or until potatoes are tender.
- ☐ Stir in shrimp, crabmeat, and heavy cream; cook over low heat 5 minutes or just until shrimp turn pink.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:8.44, Glycemic Load:0.89, Inflammation Score:-5, Nutrition Score:8.2208695619003%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg 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: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol:

0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 88.71kcal (4.44%), Fat: 2.57g (3.95%), Saturated Fat: 1.22g (7.64%), Carbohydrates: 10.1g (3.37%), Net Carbohydrates: 9.07g (3.3%), Sugar: 1.42g (1.57%), Cholesterol: 24.26mg (8.09%), Sodium: 218.71mg (9.51%), Alcohol: 0.99g (100%), Alcohol %: 1.06% (100%), Protein: 4.97g (9.94%), Vitamin K: 68.7µg (65.43%), Vitamin B12: 0.83µg (13.86%), Vitamin C: 10.56mg (12.8%), Copper: 0.2mg (9.76%), Vitamin A: 430.77IU (8.62%), Potassium: 292.6mg (8.36%), Phosphorus: 77.48mg (7.75%), Manganese: 0.13mg (6.45%), Selenium: 4.31µg (6.16%), Zinc: 0.92mg (6.11%), Vitamin B6: 0.11mg (5.7%), Magnesium: 22.15mg (5.54%), Folate: 22.14µg (5.53%), Iron: 0.85mg (4.74%), Vitamin B1: 0.06mg (4.21%), Fiber: 1.03g (4.11%), Vitamin B3: 0.81mg (4.07%), Vitamin B2: 0.05mg (3.2%), Calcium: 28.91mg (2.89%), Vitamin B5: 0.21mg (2.06%), Vitamin E: 0.18mg (1.22%)