



Clam Box Fish Chow-Da

READY IN



25 min.

SERVINGS



10

CALORIES



645 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 pounds filets boneless skinless
- ☐ 1 tablespoon ground pepper white
- ☐ 6 cups half-and-half
- ☐ 1 large onion diced
- ☐ 10 servings oyster crackers as needed
- ☐ 2.5 pounds potatoes waxy-style peeled cut into 1/2-inch cubes
- ☐ 3 tablespoons salt
- ☐ 0.3 pound butter unsalted
- ☐ 10 servings water as needed

☐ 2 cups milk whole as needed plus more

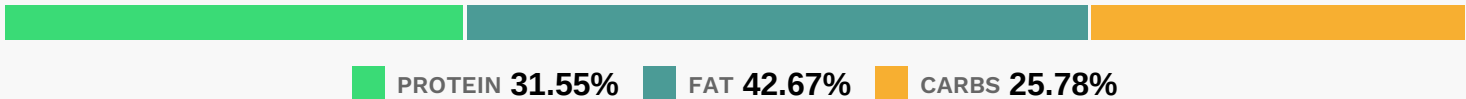
Equipment

- ☐ pot
- ☐ double boiler
- ☐ slow cooker

Directions

- ☐ Heat the butter in a large soup pot over medium heat, add onions and cook, stirring, until translucent.
- ☐ Add the potatoes, salt, and pepper and enough water to cover. Bring to a boil, lower the heat, and simmer for 5 minutes.
- ☐ Add the cod and enough water to cover. Simmer for 5 minutes more.
- ☐ Let the chowder cool. Stir in the half-and-half and milk (add more milk if necessary). Refrigerate the chowder, covered, overnight.
- ☐ When ready to serve, reheat the chowder in a double boiler or slow cooker, stirring only occasionally--you don't want to break up the cod too much.
- ☐ Serve with oyster crackers and enjoy!

Nutrition Facts



Properties

Glycemic Index:14.88, Glycemic Load:15.68, Inflammation Score:-8, Nutrition Score:29.612608494966%

Flavonoids

Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg

Nutrients (% of daily need)

Calories: 644.86kcal (32.24%), Fat: 30.4g (46.78%), Saturated Fat: 17.52g (109.53%), Carbohydrates: 41.32g (13.77%), Net Carbohydrates: 37.97g (13.81%), Sugar: 10.06g (11.18%), Cholesterol: 178.58mg (59.53%), Sodium:

2484.18mg (108.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.58g (101.16%), Selenium: 82.74µg (118.21%), Phosphorus: 735.86mg (73.59%), Vitamin B6: 1.02mg (51.22%), Potassium: 1727.3mg (49.35%), Vitamin B12: 2.64µg (43.93%), Vitamin B2: 0.61mg (36.15%), Vitamin B3: 7.07mg (35.37%), Vitamin C: 27.17mg (32.93%), Magnesium: 127.26mg (31.81%), Vitamin B1: 0.45mg (29.79%), Calcium: 284.55mg (28.46%), Manganese: 0.39mg (19.6%), Vitamin A: 969.88IU (19.4%), Vitamin D: 2.75µg (18.32%), Iron: 2.81mg (15.59%), Folate: 61.74µg (15.43%), Zinc: 2.29mg (15.28%), Vitamin E: 2.29mg (15.26%), Vitamin B5: 1.39mg (13.86%), Copper: 0.27mg (13.69%), Fiber: 3.35g (13.41%), Vitamin K: 9.08µg (8.65%)