

Codfish Chowder

 **Gluten Free**

READY IN

ready

60 min.

SERVINGS

servings

6

CALORIES

calories

553 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 slices bacon diced
- ☐ 2 tablespoons butter
- ☐ 16 ounce chicken broth canned
- ☐ 1 pound filets thick cut into 1-inch pieces
- ☐ 4 ears corn sweet
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 2 cloves garlic chopped
- ☐ 6 servings salt and ground pepper black to taste

- ☐ 1 large onion diced
- ☐ 1 bell pepper diced red seeded
- ☐ 3 potatoes red cut into 1/2-inch cubes
- ☐ 1.5 tablespoons seafood seasoning old bay® such as
- ☐ 0.5 cup water or as needed to cover
- ☐ 2 cups milk whole as needed

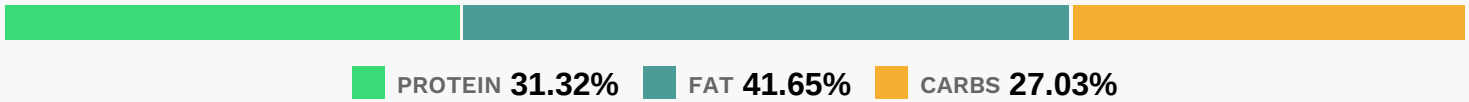
Equipment

- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Cook bacon in a soup pot over medium heat until crisp and brown, about 10 minutes.
- ☐ Remove bacon with a slotted spoon, leaving drippings in the pot. Cook and stir onion and red bell pepper until softened, about 5 minutes; season with salt and pepper. Stir in garlic and seafood seasoning and cook and stir 2 more minutes.
- ☐ Pour in chicken broth and stir in potatoes and corn; add water if needed to cover vegetables. Bring to a boil and reduce heat to low; simmer until potatoes are tender, about 15 minutes. Stir in milk and butter until butter has melted; mix in reserved bacon. Bring the soup just to the boiling point and stir in cod and parsley; cook, stirring occasionally, until fish flakes easily, 5 to 8 minutes.

Nutrition Facts



Properties

Glycemic Index:40.17, Glycemic Load:2.33, Inflammation Score:-8, Nutrition Score:26.902173747187%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.22mg,

Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg

Nutrients (% of daily need)

Calories: 553.03kcal (27.65%), Fat: 25.8g (39.69%), Saturated Fat: 9.9g (61.89%), Carbohydrates: 37.68g (12.56%), Net Carbohydrates: 33.62g (12.23%), Sugar: 10.99g (12.21%), Cholesterol: 109.46mg (36.49%), Sodium: 692.47mg (30.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.66g (87.31%), Selenium: 47.68µg (68.11%), Phosphorus: 529.58mg (52.96%), Vitamin C: 43.44mg (52.65%), Vitamin B6: 0.81mg (40.41%), Potassium: 1353.58mg (38.67%), Vitamin B3: 7.21mg (36.03%), Vitamin K: 36.83µg (35.07%), Vitamin B12: 2.04µg (33.96%), Magnesium: 105.96mg (26.49%), Vitamin B1: 0.39mg (26.1%), Vitamin A: 1303.7IU (26.07%), Zinc: 3.69mg (24.63%), Manganese: 0.42mg (21.02%), Vitamin B2: 0.36mg (20.97%), Folate: 68.64µg (17.16%), Iron: 3.08mg (17.12%), Fiber: 4.06g (16.22%), Calcium: 158.94mg (15.89%), Vitamin B5: 1.42mg (14.21%), Copper: 0.28mg (13.91%), Vitamin D: 1.77µg (11.79%), Vitamin E: 1.4mg (9.31%)