



Corn-and-Cod Chowder

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



696 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 pound bacon sliced
- 1 tablespoon butter
- 1 rib celery chopped
- 1 cup bottled clam juice
- 1.5 pounds filets cut into 1 1/2-inch chunks
- 2 cups corn kernels fresh frozen (cut from 3 ears)
- 0.3 teaspoon fresh-ground pepper black
- 1 cup heavy cream

- 1 cup milk
- 2 onions chopped
- 0.8 pound potatoes boiling peeled cut into 3/4-inch chunks (2)
- 0.3 teaspoon red-pepper flakes dried
- 1.3 teaspoons salt
- 2 cups water

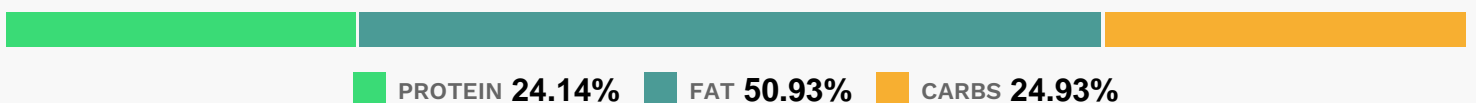
Equipment

- paper towels
- pot

Directions

- In a large pot, cook the bacon until crisp.
- Drain the bacon on paper towels and crumble when cooled.
- Add the butter and onions to the pot. Cook over moderately low heat, stirring occasionally, until the onions are translucent, about 5 minutes.
- Add the water, clam juice, potatoes, celery, red-pepper flakes, and salt and bring to a boil. Reduce the heat and simmer until the potatoes are tender, about 20 minutes.
- Return the bacon to the pot.
- Add the corn, milk, and cream and simmer for 10 minutes. Stir in the cod and pepper. Bring back to a simmer and cook until just done, about 3 minutes longer.
- Fish Alternatives: Use a relatively firm, mild fish that won't disintegrate in the soup, such as pollack, orange roughy, or ocean perch.
- Wine Recommendation: A rich chardonnay from California will pair nicely with the creaminess of the chowder. Try to find one that hasn't been aged in oak.

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:2.28, Inflammation Score:-9, Nutrition Score:27.838261148204%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.76mg, Quercetin: 11.76mg, Quercetin: 11.76mg, Quercetin: 11.76mg

Nutrients (% of daily need)

Calories: 696.03kcal (34.8%), Fat: 39.97g (61.49%), Saturated Fat: 20.91g (130.68%), Carbohydrates: 44.04g (14.68%), Net Carbohydrates: 39.73g (14.45%), Sugar: 14.74g (16.38%), Cholesterol: 173.93mg (57.98%), Sodium: 1326.47mg (57.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.63g (85.26%), Selenium: 66.42µg (94.89%), Phosphorus: 624.91mg (62.49%), Potassium: 1653.41mg (47.24%), Vitamin B6: 0.87mg (43.74%), Vitamin B3: 7.26mg (36.31%), Vitamin B12: 2.14µg (35.63%), Vitamin B1: 0.48mg (31.69%), Magnesium: 126.08mg (31.52%), Vitamin A: 1452.87IU (29.06%), Vitamin C: 21.64mg (26.23%), Vitamin B2: 0.43mg (25.06%), Vitamin D: 3.27µg (21.78%), Folate: 78.99µg (19.75%), Manganese: 0.39mg (19.49%), Calcium: 180.07mg (18.01%), Fiber: 4.3g (17.21%), Vitamin B5: 1.7mg (17.02%), Zinc: 2.28mg (15.23%), Copper: 0.28mg (14.22%), Vitamin E: 2.08mg (13.87%), Iron: 2.08mg (11.58%), Vitamin K: 8.67µg (8.26%)