



Corn and Lobster Chowder

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



467 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 slices bacon chopped
- ☐ 2 tablespoons butter ()
- ☐ 0.8 cup carrots diced peeled finely
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 0.7 cup celery diced finely
- ☐ 3 cups bottled clam juice
- ☐ 2.3 pounds corn kernels yellow frozen thawed
- ☐ 3 tablespoons chives fresh chopped

- ☐ 20 ounce lobster tail pieces frozen thawed uncooked cooked cut into bite-size pieces
- ☐ 3 cups low-salt chicken broth
- ☐ 2 cups onions chopped
- ☐ 6 tablespoons cup heavy whipping cream sour
- ☐ 1.5 cups whipping cream

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ ladle
- ☐ pot

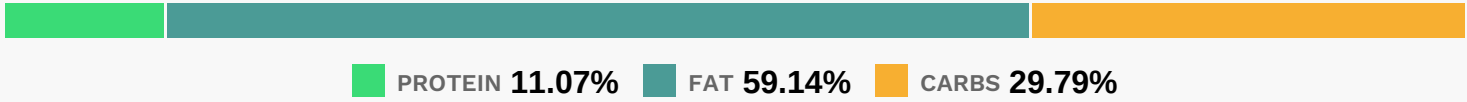
Directions

- ☐ If using thawed frozen lobster tails, cook in pot of boiling water until almost cooked through, about 6 minutes.
- ☐ Drain. Cool. Using kitchen shears, cut lobster shells open.
- ☐ Remove lobster meat; cut into bite-size pieces. Discard shells.
- ☐ Purée 4 cups corn with 1 1/4 cups broth in processor until almost smooth.
- ☐ Sauté bacon in large pot over medium heat until crisp, about 5 minutes.
- ☐ Transfer bacon to paper towels.
- ☐ Pour off and discard all but 3 tablespoons drippings from pot.
- ☐ Add onions to pot; sauté until light golden, about 5 minutes.
- ☐ Add remaining 4 cups corn; sauté 3 minutes.
- ☐ Add carrots, celery, and cayenne; sauté until vegetables soften slightly, about 5 minutes.
- ☐ Add clam juice and 1 3/4 cups broth; simmer 10 minutes. Stir in corn puré and whipping cream; simmer 5 minutes. Season with salt and pepper. (Lobster, bacon, and soup can be prepared 1 day ahead. Cover and chill lobster and bacon separately. Cool soup slightly; chill uncovered until cold, then cover and keep chilled. Bring bacon to room temperature and bring soup to simmer before continuing.)

- ☐
- Remove soup from heat; stir in sour cream.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:29.1, Glycemic Load:1.26, Inflammation Score:-9, Nutrition Score:15.448261012202%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 2.08mg, Isorhamnetin: 2.08mg, Isorhamnetin: 2.08mg, Isorhamnetin: 2.08mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.23mg, Quercetin: 8.23mg, Quercetin: 8.23mg, Quercetin: 8.23mg

Nutrients (% of daily need)

Calories: 466.51kcal (23.33%), Fat: 31.94g (49.14%), Saturated Fat: 16.43g (102.7%), Carbohydrates: 36.21g (12.07%), Net Carbohydrates: 32.11g (11.67%), Sugar: 12.73g (14.15%), Cholesterol: 102.98mg (34.33%), Sodium: 892.84mg (38.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.45g (26.9%), Vitamin A: 3116.35IU (62.33%), Selenium: 20.13µg (28.76%), Copper: 0.42mg (21.12%), Phosphorus: 210.84mg (21.08%), Vitamin B3: 4.14mg (20.68%), Folate: 72.87µg (18.22%), Vitamin B2: 0.3mg (17.41%), Potassium: 584.47mg (16.7%), Fiber: 4.1g (16.41%), Vitamin B6: 0.28mg (14.13%), Vitamin C: 11.46mg (13.89%), Manganese: 0.27mg (13.58%), Vitamin B5: 1.19mg (11.9%), Zinc: 1.78mg (11.89%), Vitamin B1: 0.17mg (11.37%), Magnesium: 43.11mg (10.78%), Vitamin B12: 0.57µg (9.49%), Calcium: 89.27mg (8.93%), Vitamin K: 8.46µg (8.06%), Vitamin E: 1.14mg (7.58%), Iron: 1.02mg (5.65%), Vitamin D: 0.8µg (5.35%)