



Corn-and-Potato Seafood Chowder

 Gluten Free

READY IN



70 min.

SERVINGS



8

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 13 oz clams minced undrained canned
- 1 pound crab meat fresh drained
- 10.8 oz cream of mushroom soup with roasted garlic canned
- 12 oz evaporated milk canned
- 1 tablespoon parsley fresh chopped
- 0.5 cup green onions thinly sliced
- 8 servings garnish: green onions thinly sliced

- 1 tsp hot sauce
- 10 oz onion diced green red frozen
- 8 servings salt and pepper to taste
- 11 oz yellow-and-white kernel corn whole drained canned
- 1 cup onion yellow chopped
- 2 lb yukon gold potatoes diced peeled

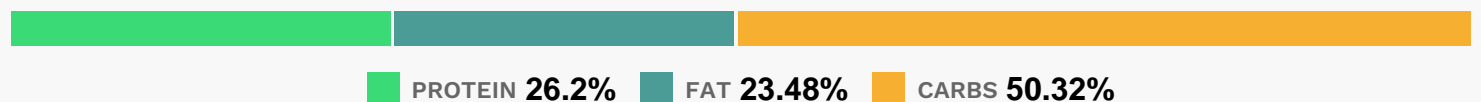
Equipment

- bowl
- dutch oven

Directions

- Bring potatoes and water to cover to a boil in a Dutch oven over medium-high heat. Cook potatoes 10 to 15 minutes or until tender.
- Drain and place in a large bowl.
- Melt butter in Dutch oven over medium-high heat. Stir in frozen vegetables and chopped yellow onion; saut onion mixture 6 to 8 minutes or until tender.
- Add crabmeat, clams, next 6 ingredients, and potatoes. Reduce heat to medium, and bring to a boil; reduce heat to low, and simmer, stirring occasionally, 15 minutes or until thoroughly heated. Season with salt and pepper to taste.
- Let stand 10 minutes before serving.
- Garnish, if desired.
- Note: For testing purposes only, we used McKenzie's Seasoning Blend for diced onion, red and green bell pepper, and celery and Campbell's Cream of Mushroom with Roasted Garlic Soup.

Nutrition Facts



Properties

Glycemic Index:36.72, Glycemic Load:15.28, Inflammation Score:-8, Nutrition Score:26.203043659096%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 1.68mg, Luteolin: 1.68mg, Luteolin: 1.68mg, Luteolin: 1.68mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 6.95mg, Quercetin: 6.95mg, Quercetin: 6.95mg, Quercetin: 6.95mg

Nutrients (% of daily need)

Calories: 303.69kcal (15.18%), Fat: 8.14g (12.52%), Saturated Fat: 4.41g (27.58%), Carbohydrates: 39.23g (13.08%), Net Carbohydrates: 34.32g (12.48%), Sugar: 10.16g (11.29%), Cholesterol: 47.65mg (15.88%), Sodium: 1037.27mg (45.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.42g (40.85%), Vitamin B12: 6.02µg (100.31%), Vitamin C: 62.92mg (76.27%), Copper: 0.8mg (39.83%), Vitamin K: 39.1µg (37.24%), Phosphorus: 354.34mg (35.43%), Selenium: 24.59µg (35.13%), Zinc: 4.83mg (32.21%), Vitamin B6: 0.62mg (30.93%), Potassium: 1000.87mg (28.6%), Manganese: 0.49mg (24.48%), Magnesium: 88.48mg (22.12%), Fiber: 4.9g (19.61%), Folate: 73.39µg (18.35%), Calcium: 174.34mg (17.43%), Vitamin B3: 3.18mg (15.93%), Vitamin B2: 0.27mg (15.8%), Vitamin B1: 0.22mg (14.39%), Iron: 2.27mg (12.63%), Vitamin B5: 1.26mg (12.55%), Vitamin A: 523.22IU (10.46%), Vitamin E: 0.45mg (3%)