



Corn and Salmon Chowder

 Vegetarian

READY IN



50 min.

SERVINGS



6

CALORIES



94 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 baking potato diced peeled
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 cup celery diced
- ☐ 1 cup whole-kernel corn frozen
- ☐ 0.3 teaspoon optional: dill dried
- ☐ 1 tablespoon cooking wine dry white
- ☐ 3 cups less-sodium chicken broth fat-free
- ☐ 2.5 tablespoons flour all-purpose

- ☐ 1 cup milk 1% low-fat
- ☐ 1 teaspoon olive oil
- ☐ 0.5 cup onion diced
- ☐ 0.3 teaspoon salt
- ☐ 14.8 ounce sockeye salmon in water boneless skinless red rinsed drained canned

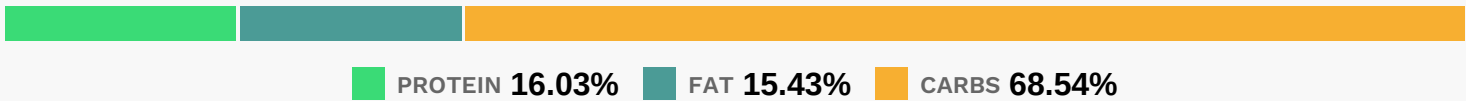
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Heat oil in a large saucepan over medium-high heat; add celery and onion. Saut 3 to 4 minutes or until tender.
- ☐ Add chicken broth and potato; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until potato is tender. Stir in corn and dill.
- ☐ Combine flour and milk, stirring with a whisk.
- ☐ Add flour mixture to potato mixture. Bring to a boil; cover, reduce heat, and simmer 10 minutes or until thickened. Stir in salmon and remaining ingredients. Cook 3 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:44.29, Glycemic Load:7.11, Inflammation Score:-3, Nutrition Score:5.7747826006102%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 2.74mg,

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Nutrients (% of daily need)

Calories: 94.17kcal (4.71%), Fat: 1.66g (2.55%), Saturated Fat: 0.41g (2.55%), Carbohydrates: 16.6g (5.53%), Net Carbohydrates: 15.1g (5.49%), Sugar: 4.27g (4.74%), Cholesterol: 1.97mg (0.66%), Sodium: 645.33mg (28.06%), Alcohol: 0.26g (100%), Alcohol %: 0.1% (100%), Protein: 3.88g (7.77%), Vitamin B6: 0.2mg (9.91%), Phosphorus: 95.3mg (9.53%), Potassium: 330.79mg (9.45%), Manganese: 0.17mg (8.69%), Vitamin B2: 0.14mg (8.21%), Vitamin B12: 0.47µg (7.78%), Vitamin B3: 1.55mg (7.76%), Folate: 28.34µg (7.09%), Calcium: 70.3mg (7.03%), Selenium: 4.8µg (6.86%), Vitamin B1: 0.1mg (6.83%), Fiber: 1.5g (6.01%), Magnesium: 21.94mg (5.49%), Vitamin B5: 0.54mg (5.36%), Copper: 0.09mg (4.7%), Vitamin C: 3.73mg (4.52%), Iron: 0.78mg (4.31%), Vitamin K: 3.89µg (3.71%), Zinc: 0.45mg (3.01%), Vitamin D: 0.43µg (2.88%), Vitamin A: 131.15IU (2.62%), Vitamin E: 0.16mg (1.07%)