



Corn and Scallop Chowder

READY IN



45 min.

SERVINGS



4

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 pound bay scallops
- 0.1 teaspoon pepper black
- 1 tablespoon butter
- 1 cup celery thinly sliced
- 2 cups whole-kernel corn frozen
- 0.3 teaspoon thyme leaves dried
- 28 ounce less-sodium chicken broth fat-free canned
- 2 tablespoons flour all-purpose
- 1 tablespoon parsley fresh chopped

- 0.5 cup half-and-half
- 1 cup leek thinly sliced
- 3 cups potatoes diced refrigerated with onion (such as simply potatoes)
- 0.5 teaspoon salt

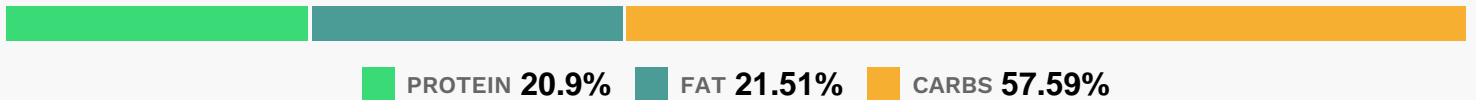
Equipment

- dutch oven

Directions

- Melt the butter in a Dutch oven over medium-high heat.
- Add leek and celery; saut 2 minutes.
- Sprinkle with flour, stirring to coat.
- Add potato and next 5 ingredients (potato through broth). Bring to a simmer over medium heat. Reduce heat to low. Cover and cook 6 minutes or until thoroughly heated.
- Add scallops, and cook 2 minutes or until scallops are done. Stir in half-and-half and parsley.

Nutrition Facts



Properties

Glycemic Index:84.19, Glycemic Load:23.22, Inflammation Score:-8, Nutrition Score:21.355652000593%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 339.01kcal (16.95%), Fat: 8.37g (12.88%), Saturated Fat: 4.31g (26.91%), Carbohydrates: 50.44g (16.81%), Net Carbohydrates: 44.36g (16.13%), Sugar: 7.64g (8.49%), Cholesterol: 38.52mg (12.84%), Sodium: 1679.56mg (73.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.3g (36.6%), Phosphorus: 481.67mg (48.17%), Vitamin C: 37.43mg (45.36%), Vitamin K: 39.07µg (37.21%), Vitamin B6: 0.67mg (33.68%), Potassium: 1162.62mg (33.22%), Vitamin B12: 1.66µg (27.66%), Manganese: 0.54mg (27.24%), Selenium: 18.82µg (26.89%), Folate:

104.04µg (26.01%), Fiber: 6.08g (24.33%), Vitamin B3: 4.63mg (23.14%), Magnesium: 81.26mg (20.31%), Vitamin B2: 0.28mg (16.39%), Vitamin A: 808.39IU (16.17%), Iron: 2.91mg (16.15%), Vitamin B1: 0.23mg (15.65%), Copper: 0.3mg (15.06%), Vitamin B5: 1.38mg (13.84%), Zinc: 1.76mg (11.7%), Calcium: 94.42mg (9.44%), Vitamin E: 0.53mg (3.56%)