



Crab-and-Corn Chowder with Bacon and Chanterelle Mushrooms

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



677 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 7 bacon
- ☐ 2 tablespoons butter ()
- ☐ 0.8 cup celery finely chopped
- ☐ 6 ounces chanterelles fresh sliced
- ☐ 1 pound crab meat fresh
- ☐ 2 tablespoons sherry dry
- ☐ 6 ears corn fresh yellow

- ☐ 1 teaspoon fennel seeds
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 teaspoon thyme sprigs fresh
- ☐ 1.5 cups leek white green finely chopped (and pale parts only; 2 medium)
- ☐ 4 cups chicken broth
- ☐ 2 tablespoons olive oil
- ☐ 1.5 cups onion finely chopped
- ☐ 3 cups whipping cream
- ☐ 1.8 pounds potatoes peeled cut into 1/2-inch cubes

Equipment

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

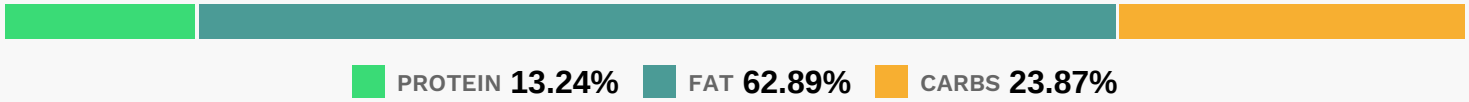
Directions

- ☐ Cut kernels off corn cobs. Set kernels aside.
- ☐ Combine cobs, broth, and cream in heavy large saucepan. Simmer 5 minutes.
- ☐ Remove from heat.
- ☐ Heat oil in heavy large pot over medium-high heat.
- ☐ Add bacon and sauté until crisp, about 8 minutes.
- ☐ Transfer bacon to paper towels to drain.
- ☐ Pour off all but 3 tablespoons pan drippings; add onion, leeks, celery, and fennel seeds to pot. Sauté until vegetables are crisp-tender, about 4 minutes. Stir in potatoes. Discard cobs from cream mixture; strain cream mixture into potato mixture. Simmer until potatoes are almost tender, stirring occasionally, about 10 minutes. Stir in corn kernels. Simmer chowder until potatoes are tender, about 5 minutes longer.

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- Meanwhile, melt butter in heavy large skillet over medium heat.

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Nutrition Facts



Properties

Glycemic Index:39.59, Glycemic Load:14.05, Inflammation Score:–9, Nutrition Score:29.228260537852%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg 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: 2.44mg, Apigenin: 2.44mg, Apigenin: 2.44mg, Apigenin: 2.44mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 6.84mg, Quercetin: 6.84mg, Quercetin: 6.84mg, Quercetin: 6.84mg

Nutrients (% of daily need)

Calories: 676.85kcal (33.84%), Fat: 48.5g (74.62%), Saturated Fat: 25.9g (161.9%), Carbohydrates: 41.42g (13.81%), Net Carbohydrates: 35.95g (13.07%), Sugar: 10.1g (11.22%), Cholesterol: 144.9mg (48.3%), Sodium: 714.61mg (31.07%), Alcohol: 0.39g (100%), Alcohol %: 0.09% (100%), Protein: 22.98g (45.97%), Vitamin B12: 5.47µg (91.1%), Copper: 0.86mg (43.01%), Vitamin C: 34.94mg (42.35%), Selenium: 28.75µg (41.07%), Vitamin A: 1966.13IU (39.32%), Phosphorus: 388.2mg (38.82%), Potassium: 1160.91mg (33.17%), Vitamin K: 34.45µg (32.81%), Zinc: 4.8mg (31.98%), Vitamin B3: 6.35mg (31.75%), Vitamin B6: 0.63mg (31.55%), Manganese: 0.5mg (25.04%), Magnesium: 99.1mg (24.78%), Folate: 94.73µg (23.68%), Vitamin B2: 0.38mg (22.41%), Fiber: 5.47g (21.88%), Vitamin B1: 0.31mg (20.71%), Iron: 3.23mg (17.93%), Vitamin D: 2.63µg (17.55%), Vitamin B5: 1.63mg (16.33%), Calcium: 134.24mg (13.42%), Vitamin E: 1.74mg (11.59%)