



Creamy Fish Chowder

 **Gluten Free**

READY IN



50 min.

SERVINGS



6

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 pound bacon diced
- 2 tablespoons butter
- 1.5 pounds filets
- 12 ounce evaporated milk canned
- 1 pinch ground pepper black
- 3 cups milk
- 0.8 cup onion diced
- 2 cups potatoes diced

1.5 teaspoons salt

2 cups water hot

Equipment

pot

Directions

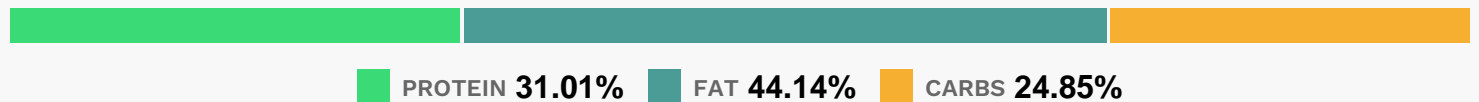
Cook and stir bacon in a soup pot over medium heat until bacon is browned and crisp, about 8 minutes. Stir onion into bacon and cook, stirring often, until onion is translucent, about 5 more minutes.

Pour water into bacon mixture and stir in potatoes. Bring to a boil, reduce heat to medium-low, and simmer until potatoes are tender, about 10 minutes.

Place cod fillets into simmering mixture and cook until fish is opaque and flakes easily, about 10 minutes.

Stir milk, evaporated milk, butter, salt, and black pepper into pot. Bring soup to a boil; remove from heat and serve.

Nutrition Facts



Properties

Glycemic Index:38.46, Glycemic Load:11.53, Inflammation Score:-6, Nutrition Score:20.018695520318%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg

Nutrients (% of daily need)

Calories: 416.94kcal (20.85%), Fat: 20.32g (31.26%), Saturated Fat: 9.96g (62.25%), Carbohydrates: 25.74g (8.58%), Net Carbohydrates: 23.86g (8.68%), Sugar: 12.96g (14.4%), Cholesterol: 102.35mg (34.12%), Sodium: 913.13mg (39.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.12g (64.24%), Selenium: 45.31µg (64.74%), Phosphorus: 542.58mg (54.26%), Potassium: 1185.92mg (33.88%), Calcium: 334.05mg (33.41%), Vitamin B6: 0.66mg (33.08%), Vitamin B12: 1.88µg (31.4%), Vitamin B2: 0.47mg (27.41%), Magnesium: 85.83mg (21.46%), Vitamin C: 17.48mg (21.19%), Vitamin B3: 4.1mg (20.5%), Vitamin B1: 0.3mg (19.92%), Vitamin D: 2.49µg (16.63%),

Vitamin B5: 1.33mg (13.32%), Zinc: 1.92mg (12.81%), Vitamin A: 504.01IU (10.08%), Manganese: 0.16mg (8.19%), Fiber: 1.88g (7.54%), Copper: 0.15mg (7.33%), Vitamin E: 1.08mg (7.19%), Folate: 27.62µg (6.9%), Iron: 1.21mg (6.73%), Vitamin K: 2.58µg (2.46%)