



Easy Salmon Chowder

READY IN



35 min.

SERVINGS



5

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2.5 cups leek sliced
- ☐ 2 cups hash browns frozen southern-style (from 32-oz bag)
- ☐ 2 cups corn frozen
- ☐ 1 cup water
- ☐ 3 cups skim milk fat-free (skim)
- ☐ 0.3 cup flour all-purpose
- ☐ 14.5 oz salmon skinless flaked drained canned
- ☐ 1 teaspoon worcestershire sauce

- ☐ 0.5 teaspoon salt
- ☐ 0.1 teaspoon pepper
- ☐ 1 serving parsley fresh chopped

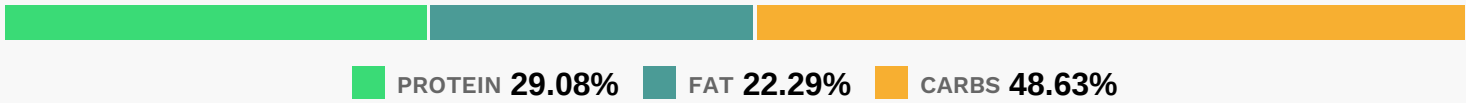
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In 3-quart saucepan, melt butter over medium heat.
- ☐ Add leeks; cook and stir 5 to 7 minutes or until crisp-tender.
- ☐ Add frozen potatoes, corn and water; mix well.
- ☐ Heat to boiling. Reduce heat to low; cover and simmer 5 to 7 minutes, stirring occasionally, until vegetables are tender.
- ☐ In small bowl, stir together milk and flour until smooth.
- ☐ Add to vegetable mixture; cook and stir until mixture boils and thickens.
- ☐ Stir in salmon, Worcestershire sauce, salt and pepper. Cook until hot.
- ☐ Sprinkle each serving with parsley.

Nutrition Facts



Properties

Glycemic Index:47.05, Glycemic Load:11.87, Inflammation Score:-8, Nutrition Score:31.423478126526%

Flavonoids

Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 388.49kcal (19.42%), Fat: 9.99g (15.37%), Saturated Fat: 1.99g (12.43%), Carbohydrates: 49.03g (16.34%), Net Carbohydrates: 45g (16.36%), Sugar: 9.3g (10.34%), Cholesterol: 72.65mg (24.22%), Sodium: 708.09mg (30.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.32g (58.64%), Vitamin D: 13.54µg (90.25%), Vitamin B12: 4.93µg (82.13%), Phosphorus: 590.66mg (59.07%), Selenium: 38.77µg (55.38%), Calcium: 470.79mg (47.08%), Vitamin B3: 9.34mg (46.7%), Vitamin K: 34.23µg (32.6%), Potassium: 1056.59mg (30.19%), Vitamin B2: 0.48mg (28.07%), Vitamin A: 1366.7IU (27.33%), Manganese: 0.52mg (26.09%), Vitamin B6: 0.47mg (23.53%), Magnesium: 89.43mg (22.36%), Vitamin B1: 0.33mg (22.13%), Vitamin C: 18.21mg (22.07%), Folate: 77.28µg (19.32%), Iron: 3.25mg (18.05%), Fiber: 4.03g (16.13%), Vitamin B5: 1.55mg (15.51%), Zinc: 2.2mg (14.69%), Copper: 0.26mg (13.08%), Vitamin E: 1.65mg (10.98%)