



Finnan Haddie Chowder

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



621 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 slices bacon chopped
- ☐ 2 tablespoons butter
- ☐ 2 cups chicken stock see
- ☐ 14 ounce corn kernels drained canned
- ☐ 1 handful chives snipped
- ☐ 2 tablespoons cup heavy whipping cream
- ☐ 2 teaspoons olive oil
- ☐ 1 large onion chopped

- ☐ 4 medium potatoes unpeeled chopped (each weighing 6 ounces)
- ☐ 1 tablespoon thyme leaves
- ☐ 1 tablespoon wine
- ☐ 3.3 cups milk whole
- ☐ 1 pound frangelico cut into 1 1/2-inch chunks
- ☐ 1 pound frangelico cut into 1 1/2-inch chunks

Equipment

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

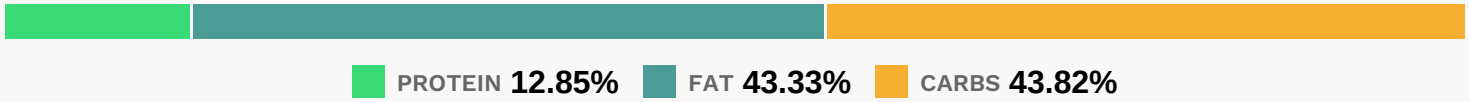
Directions

- ☐ In a large saucepan, heat the butter and oil, add the onion, and sauté over low heat for 5 minutes.
- ☐ Add the potatoes and cook for an additional 5 minutes.
- ☐ Add the thyme and wine and boil for a minute or so before pouring in the stock and stirring.
- ☐ Add the milk and bring to nearly boiling, then reduce the heat and simmer until the potatoes are almost tender, about 10 minutes.
- ☐ Add the corn, finnan haddie, and a grinding of pepper and bring to a simmer.
- ☐ Let simmer until the haddock is just cooked, about 10 minutes. Taste for seasoning, adding a little salt if needed.
- ☐ (F)
- ☐ Pour into a container, cool, label, and cover before freezing.(D)
- ☐ Let stand overnight in the fridge.(R)
- ☐ Pour into a pan and gently reheat, trying not to break up the fish.(S)
- ☐ Heat a skillet and add the bacon. Pan-fry until crisp, then drain on paper towels. Ladle the soup into bowls and top each with a swirl of cream, some crispy bacon, and a sprinkle of

chives.

☐ From The Foolproof Freezer Cookbook: Prepare-ahead meals, Stress-free entertaining, Making the Most of Excess Fruits and Vegetables, Feeding the Family the Modern Way by Ghillie James. Text © 2011 Ghillie James; photographs © 2011 Tara Fisher. Published in 2012 by Kyle Books.

Nutrition Facts



Properties

Glycemic Index:75.94, Glycemic Load:31.64, Inflammation Score:-10, Nutrition Score:25.614347665206%

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: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Isorhamnetin: 1.95mg, Isorhamnetin: 1.95mg, Isorhamnetin: 1.95mg, Isorhamnetin: 1.95mg Kaempferol: 2.05mg, Kaempferol: 2.05mg, Kaempferol: 2.05mg, Kaempferol: 2.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.15mg, Quercetin: 9.15mg, Quercetin: 9.15mg, Quercetin: 9.15mg

Nutrients (% of daily need)

Calories: 620.83kcal (31.04%), Fat: 30.56g (47.01%), Saturated Fat: 13.65g (85.32%), Carbohydrates: 69.53g (23.18%), Net Carbohydrates: 61.96g (22.53%), Sugar: 19.37g (21.52%), Cholesterol: 69.07mg (23.02%), Sodium: 694.12mg (30.18%), Alcohol: 0.39g (100%), Alcohol %: 0.07% (100%), Protein: 20.39g (40.78%), Vitamin C: 49.99mg (60.6%), Vitamin B6: 0.99mg (49.48%), Phosphorus: 459.3mg (45.93%), Potassium: 1585.38mg (45.3%), Vitamin B2: 0.59mg (34.76%), Vitamin B3: 6.54mg (32.71%), Vitamin B1: 0.46mg (30.46%), Fiber: 7.58g (30.31%), Calcium: 300.98mg (30.1%), Manganese: 0.54mg (26.83%), Magnesium: 101.79mg (25.45%), Folate: 86.3µg (21.58%), Vitamin B12: 1.23µg (20.53%), Vitamin B5: 1.96mg (19.6%), Selenium: 13.66µg (19.52%), Copper: 0.37mg (18.4%), Vitamin D: 2.41µg (16.07%), Vitamin A: 796.45IU (15.93%), Zinc: 2.37mg (15.8%), Iron: 2.72mg (15.14%), Vitamin K: 9.11µg (8.68%), Vitamin E: 0.89mg (5.95%)