



Finnish Salmon-Potato Chowder

READY IN



45 min.

SERVINGS



6

CALORIES



354 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 cups baking potatoes cubed peeled
- ☐ 1.5 cups carrots thinly sliced
- ☐ 0.5 teaspoon celery salt
- ☐ 8 ounce bottled clam juice
- ☐ 2 tablespoons optional: dill dried fresh chopped
- ☐ 0.3 cup flour all-purpose
- ☐ 3.5 cups milk 1% low-fat
- ☐ 10 ounce maple syrup
- ☐ 3 cups onion chopped

- ☐ 1 teaspoon stick margarine
- ☐ 0.3 teaspoon worcestershire sauce

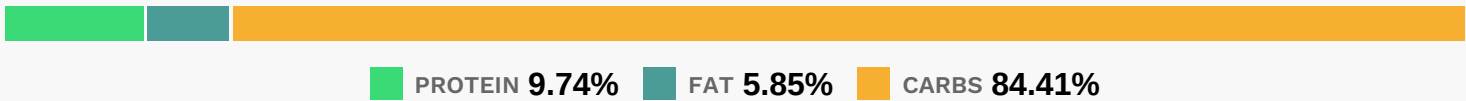
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Melt butter in a Dutch oven over medium heat.
- ☐ Add chopped onion, and saut for 5 minutes.
- ☐ Sprinkle onion mixture with celery salt. Stir in flour, and cook for 1 minute, stirring constantly. Gradually add clam juice. Bring mixture to a boil, and cook for 1 minute or until thick, stirring constantly.
- ☐ Add potato cubes and carrot slices, and stir in milk. Bring to a boil; reduce heat, and simmer for 10 minutes. Break Maple-Glazed Roasted Salmon into chunks; add salmon, chopped dill, and Worcestershire sauce to pan. Bring chowder to a boil; reduce heat, and simmer for 10 minutes or until potato is tender.

Nutrition Facts



Properties

Glycemic Index:47.51, Glycemic Load:31.38, Inflammation Score:-10, Nutrition Score:21.992608775263%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 4.07mg, Isorhamnetin: 4.07mg, Isorhamnetin: 4.07mg, Isorhamnetin: 4.07mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 16.38mg, Quercetin: 16.38mg, Quercetin: 16.38mg, Quercetin: 16.38mg

Nutrients (% of daily need)

Calories: 354.15kcal (17.71%), Fat: 2.33g (3.59%), Saturated Fat: 1g (6.23%), Carbohydrates: 75.77g (25.26%), Net Carbohydrates: 71.92g (26.15%), Sugar: 41.96g (46.62%), Cholesterol: 6.88mg (2.29%), Sodium: 430.03mg (18.7%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.75g (17.5%), Vitamin A: 5714.54IU (114.29%), Manganese: 1.45mg (72.33%), Vitamin B2: 0.9mg (52.78%), Vitamin B6: 0.59mg (29.67%), Potassium: 1003.98mg (28.69%), Calcium: 271.64mg (27.16%), Phosphorus: 241.41mg (24.14%), Vitamin B1: 0.3mg (19.92%), Vitamin C: 15.55mg (18.84%), Magnesium: 64.45mg (16.11%), Fiber: 3.85g (15.4%), Vitamin B12: 0.85µg (14.2%), Folate: 50.82µg (12.7%), Vitamin B5: 1.04mg (10.39%), Vitamin B3: 2.04mg (10.18%), Vitamin D: 1.51µg (10.1%), Zinc: 1.49mg (9.96%), Copper: 0.17mg (8.46%), Iron: 1.5mg (8.32%), Selenium: 5.64µg (8.06%), Vitamin K: 6.5µg (6.19%), Vitamin E: 0.34mg (2.23%)