



Fish Chowder

 Gluten Free

READY IN



30 min.

SERVINGS



5

CALORIES



306 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons canola oil
- ☐ 0.3 cup onion chopped
- ☐ 0.5 cup celery chopped
- ☐ 2 cups potatoes frozen with onions and peppers
- ☐ 14.8 oz corn sweet cream-style canned
- ☐ 1.8 cups chicken broth reduced-sodium (from 32-oz carton)
- ☐ 0.5 teaspoon salt
- ☐ 1.3 lb fish fillet skinless white such as cod or pollock, firm

- ☐ 1 cup skim milk fat-free (skim)
- ☐ 2 teaspoons cornstarch

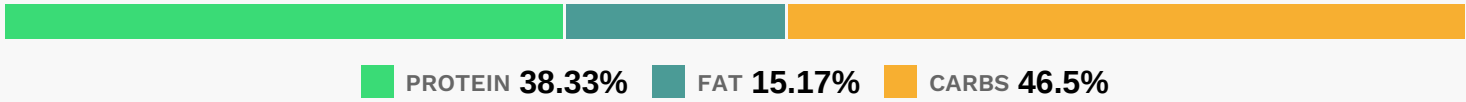
Equipment

- ☐ sauce pan
- ☐ measuring cup

Directions

- ☐ In 3-quart saucepan, heat oil over medium heat.
- ☐ Add onion and celery; cook 2 to 3 minutes, stirring occasionally, until tender.
- ☐ Stir in potatoes, corn and broth.
- ☐ Heat to boiling. Reduce heat; simmer uncovered about 5 minutes or until potatoes are tender.
- ☐ Add whole fish fillets. Cover; cook 5 to 7 minutes or until fish flakes easily with fork. In measuring cup, mix milk and cornstarch; stir into chowder. Cook, stirring constantly, until mixture boils and thickens.

Nutrition Facts



Properties

Glycemic Index:46.3, Glycemic Load:20.37, Inflammation Score:-6, Nutrition Score:20.793043447577%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 305.51kcal (15.28%), Fat: 5.42g (8.34%), Saturated Fat: 1.15g (7.17%), Carbohydrates: 37.39g (12.46%), Net Carbohydrates: 33.23g (12.08%), Sugar: 7.51g (8.34%), Cholesterol: 58.17mg (19.39%), Sodium: 350.73mg (15.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.81g (61.62%), Selenium: 48.9µg (69.86%), Vitamin B3: 7.95mg (39.75%), Phosphorus: 387.11mg (38.71%), Vitamin B12: 2.16µg (35.97%), Potassium: 1069.3mg (30.55%), Vitamin B6: 0.6mg (30.08%), Vitamin D: 4.05µg (27.03%), Vitamin C: 22.05mg (26.73%), Magnesium: 80.33mg

(20.08%), Vitamin B5: 1.67mg (16.73%), Manganese: 0.33mg (16.67%), Fiber: 4.16g (16.64%), Folate: 66.03µg (16.51%), Vitamin B1: 0.22mg (14.98%), Vitamin B2: 0.24mg (14.29%), Copper: 0.27mg (13.35%), Iron: 1.88mg (10.46%), Calcium: 97.95mg (9.8%), Zinc: 1.47mg (9.78%), Vitamin A: 367.1IU (7.34%), Vitamin K: 7.65µg (7.29%), Vitamin E: 0.85mg (5.64%)