



Fish Chowder

 Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.5 pounds pollock fillets fresh
- 1 cup cooking wine dry white
- 12 ounce evaporated milk canned
- 0.5 cup parsley fresh minced
- 3 cups milk
- 2 medium onions chopped
- 16 servings paprika
- 1 teaspoon pepper freshly ground

- 3 large potatoes peeled cut into 1/2-inch cubes (5 cups)
- 0.5 teaspoon salt
- 0.5 pound salt pork cut into 1/4-inch cubes
- 4 cups water

Equipment

- frying pan
- dutch oven

Directions

- Cook salt pork in a Dutch oven over medium heat until crisp; remove salt pork, reserving 2 tablespoons drippings in pan. Set salt pork aside.
- Saut onion in hot drippings over medium-high heat 5 minutes or until tender.
- Add potatoes, 4 cups water, and wine; bring to a boil. Reduce heat, and simmer, uncovered, 12 to 15 minutes or until potatoes are almost tender.
- Arrange fillets over potatoes; cover and simmer 10 to 12 minutes or until fish flakes with a fork. Break fish into chunks.
- Add evaporated milk and next 3 ingredients; cook over medium heat just until thoroughly heated. Top each serving with reserved salt pork, parsley, and paprika.
- Serve with breadsticks or crackers.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:10.09, Inflammation Score:-8, Nutrition Score:15.397826132567%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg

4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin:
0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.67mg, Kaempferol:
0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg,
Myricetin: 0.28mg Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg

Nutrients (% of daily need)

Calories: 298kcal (14.9%), Fat: 15.31g (23.55%), Saturated Fat: 6.16g (38.47%), Carbohydrates: 19.31g (6.44%), Net
Carbohydrates: 16.76g (6.1%), Sugar: 5.83g (6.47%), Cholesterol: 54.32mg (18.11%), Sodium: 542.16mg (23.57%),
Alcohol: 1.54g (100%), Alcohol %: 0.63% (100%), Protein: 18.2g (36.4%), Selenium: 26.07µg (37.24%), Vitamin K:
34.33µg (32.69%), Phosphorus: 294.3mg (29.43%), Vitamin A: 1298.65IU (25.97%), Vitamin B6: 0.5mg (24.82%),
Potassium: 814.78mg (23.28%), Vitamin C: 18.27mg (22.15%), Vitamin B12: 0.97µg (16.12%), Calcium: 146.31mg
(14.63%), Magnesium: 58.36mg (14.59%), Vitamin B2: 0.24mg (14.11%), Vitamin B3: 2.77mg (13.85%), Vitamin B1:
0.19mg (12.72%), Manganese: 0.21mg (10.33%), Fiber: 2.55g (10.19%), Iron: 1.53mg (8.52%), Vitamin D: 1.19µg (7.94%),
Zinc: 1.15mg (7.69%), Vitamin E: 1.12mg (7.45%), Vitamin B5: 0.73mg (7.32%), Copper: 0.14mg (6.99%), Folate:
24.49µg (6.12%)