

Fish Chowder

READY IN



45 min.

SERVINGS



16

CALORIES



301 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)

- 16 servings try build-a-meal
- 0.5 teaspoon salt
- 0.5 pound salt pork cut into 1/4-inch cubes
- 4 cups water

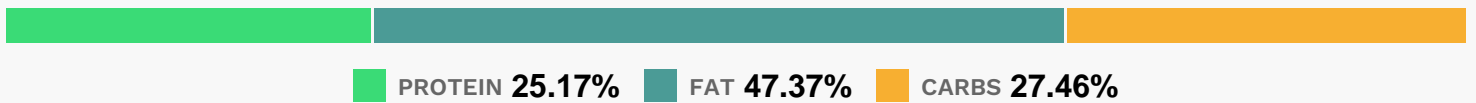
Equipment

- 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:15.778695562611%

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 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: 301.24kcal (15.06%), Fat: 15.34g (23.59%), Saturated Fat: 6.16g (38.49%), Carbohydrates: 20g (6.67%), Net Carbohydrates: 17.22g (6.26%), Sugar: 5.84g (6.48%), Cholesterol: 54.32mg (18.11%), Sodium: 542.17mg (23.57%), Alcohol: 1.54g (100%), Alcohol %: 0.62% (100%), Protein: 18.34g (36.68%), Selenium: 26.58µg (37.96%), Vitamin K: 34.38µg (32.75%), Phosphorus: 300.62mg (30.06%), Vitamin A: 1298.76IU (25.98%), Vitamin B6: 0.5mg (25.02%), Potassium: 822.08mg (23.49%), Vitamin C: 18.27mg (22.15%), Vitamin B12: 0.97µg (16.12%), Magnesium: 60.84mg (15.21%), Calcium: 146.87mg (14.69%), Vitamin B2: 0.24mg (14.28%), Vitamin B3: 2.82mg (14.12%), Manganese: 0.27mg (13.68%), Vitamin B1: 0.19mg (12.92%), Fiber: 2.77g (11.09%), Iron: 1.6mg (8.87%), Zinc: 1.21mg (8.07%), Vitamin D: 1.19µg (7.94%), Vitamin E: 1.13mg (7.54%), Vitamin B5: 0.75mg (7.47%), Copper: 0.15mg (7.34%), Folate: 24.64µg (6.16%)