



Florida Fish Chowder

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



437 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 1 cup carrots sliced
- 0.5 cup celery chopped
- 2 tablespoons flour all-purpose
- 2 cups milk
- 1 medium onion thinly sliced
- 4 servings paprika
- 1 cup potatoes diced peeled

- 2 pounds snapper fillets red cut into 1-inch pieces
- 2.5 teaspoons salt divided
- 2 cups water
- 0.3 teaspoon pepper white
- 1 teaspoon worcestershire sauce

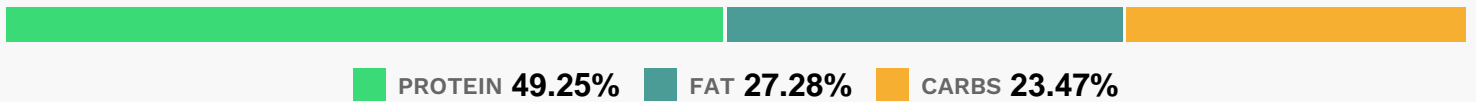
Equipment

- bowl
- sauce pan
- dutch oven

Directions

- Combine water, potatoes, carrots, celery, and 1/2 teaspoon salt in a medium saucepan. Bring to a boil. Reduce heat; cover and simmer 15 minutes. Set aside.
- Saut onion in butter in a large Dutch oven until tender.
- Add fish and Worcestershire sauce; cook over medium heat 1 minute, stirring gently.
- Add cooked vegetables and liquid, remaining salt, and pepper. Cover and simmer 10 minutes.
- Gradually stir milk into flour, blending until smooth. Stir milk mixture into fish mixture. Cook over low heat 15 minutes or until thoroughly heated. (Do not boil.) Spoon chowder into individual serving bowls; sprinkle with paprika.

Nutrition Facts



Properties

Glycemic Index:79.4, Glycemic Load:12.65, Inflammation Score:-10, Nutrition Score:35.812173926312%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.07mg, Quercetin: 6.07mg, Quercetin: 6.07mg

6.07mg, Quercetin: 6.07mg

Nutrients (% of daily need)

Calories: 437.45kcal (21.87%), Fat: 13.05g (20.07%), Saturated Fat: 4.17g (26.09%), Carbohydrates: 25.26g (8.42%), Net Carbohydrates: 21.7g (7.89%), Sugar: 9.5g (10.55%), Cholesterol: 98.55mg (32.85%), Sodium: 1774.23mg (77.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.01g (106.02%), Vitamin D: 24.48µg (163.17%), Vitamin A: 7078.9IU (141.58%), Selenium: 90.74µg (129.63%), Vitamin B12: 7.47µg (124.49%), Phosphorus: 637.47mg (63.75%), Vitamin B6: 1.27mg (63.41%), Potassium: 1590.08mg (45.43%), Magnesium: 113.39mg (28.35%), Calcium: 264.5mg (26.45%), Vitamin B5: 2.54mg (25.36%), Vitamin C: 18.54mg (22.47%), Vitamin E: 3.3mg (21.98%), Vitamin B1: 0.29mg (19.26%), Vitamin B2: 0.27mg (16.06%), Fiber: 3.55g (14.21%), Manganese: 0.28mg (13.77%), Zinc: 1.74mg (11.61%), Folate: 43.63µg (10.91%), Vitamin B3: 2.15mg (10.74%), Vitamin K: 11.26µg (10.72%), Copper: 0.19mg (9.74%), Iron: 1.7mg (9.46%)