



Fresh & light chowder

READY IN



50 min.

SERVINGS



4

CALORIES



225 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 100 g haddock fillets and unsmoked smoked
- ☐ 500 ml skimmed milk
- ☐ 500 ml vegetable stock
- ☐ 2 thyme sprigs
- ☐ 1 tsp vegetable oil
- ☐ 1 onion finely chopped
- ☐ 1 garlic clove finely chopped
- ☐ 1 leek sliced
- ☐ 1 large sweet potatoes and into diced

- ☐ 200 g sweetcorn in water drained canned
- ☐ 50 g lentils red
- ☐ 1 small handful parsley chopped
- ☐ 4 servings top

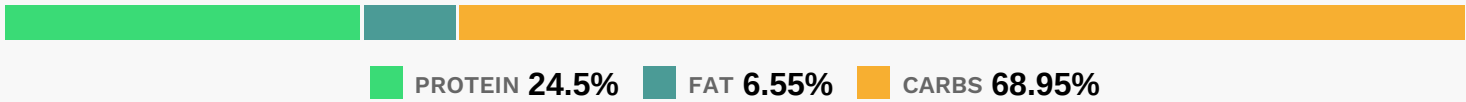
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ immersion blender

Directions

- ☐ Place the fish in a deep frying pan, then add the milk, stock and thyme. Bring to the boil and take off the heat; leave until cool enough to handle. Take out the fish (reserving the liquid), peel off the skin and flake the fish onto a plate, to use later.
- ☐ Meanwhile, heat the oil in a large saucepan. Gently fry the onion, garlic and leek for 8–10 mins until soft and translucent.
- ☐ Add the sweet potato, sweetcorn and lentils, then pour over the liquid you cooked the fish in. Bring to the boil and simmer for 30 mins. Check the seasoning and semi-blitz with a hand blender I like to leave it quite rough.
- ☐ Add the flaked fish and chopped parsley.
- ☐ Serve piping hot with some crusty bread.

Nutrition Facts



Properties

Glycemic Index:108.59, Glycemic Load:14.12, Inflammation Score:-10, Nutrition Score:21.34652154342%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.8mg,

Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 225.16kcal (11.26%), Fat: 1.65g (2.55%), Saturated Fat: 0.32g (2.02%), Carbohydrates: 39.21g (13.07%), Net Carbohydrates: 31.84g (11.58%), Sugar: 13.49g (14.99%), Cholesterol: 17.38mg (5.79%), Sodium: 665.27mg (28.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.93g (27.86%), Vitamin A: 13086.13IU (261.72%), Phosphorus: 310.65mg (31.07%), Vitamin K: 31.24µg (29.75%), Fiber: 7.37g (29.48%), Manganese: 0.56mg (28.13%), Vitamin B6: 0.49mg (24.42%), Folate: 97.28µg (24.32%), Calcium: 232.35mg (23.24%), Potassium: 786.46mg (22.47%), Vitamin B12: 1.21µg (20.14%), Vitamin B1: 0.29mg (19.24%), Magnesium: 68.57mg (17.14%), Vitamin B2: 0.28mg (16.74%), Selenium: 11.36µg (16.24%), Vitamin B5: 1.59mg (15.89%), Copper: 0.25mg (12.73%), Iron: 2.23mg (12.39%), Vitamin C: 9.66mg (11.71%), Zinc: 1.63mg (10.88%), Vitamin D: 1.55µg (10.33%), Vitamin B3: 1.99mg (9.95%), Vitamin E: 0.71mg (4.71%)