



Hearty Fish Chowder

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 58 ounce tomato sauce canned
- 10.5 ounce condensed chicken broth canned
- 3 pounds filets cut into 2-inch chunks
- 2 teaspoons thyme leaves dried
- 2 cups cooking wine dry white
- 0.3 cup parsley fresh coarsely chopped
- 2 cloves garlic minced
- 0.3 cup olive oil

1 large onion chopped

Equipment

pot

Directions

Heat olive oil over medium heat in a large soup pot; stir in onion, garlic, and parsley. Cook and stir until onion is softened, about 8 minutes; pour in tomato sauce, white wine, chicken broth, and thyme. Bring to a boil.

Reduce heat to medium-low and simmer for 15 minutes; gently stir in cod and simmer until fish is cooked through and flaky, another 10 to 15 minutes.

Nutrition Facts


■ PROTEIN 49.27% ■ FAT 28.7% ■ CARBS 22.03%

Properties

Glycemic Index:18.63, Glycemic Load:4.23, Inflammation Score:-9, Nutrition Score:23.739565434663%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg

Nutrients (% of daily need)

Calories: 309.89kcal (15.49%), Fat: 8.64g (13.29%), Saturated Fat: 1.26g (7.88%), Carbohydrates: 14.92g (4.97%), Net Carbohydrates: 11.34g (4.12%), Sugar: 8.88g (9.86%), Cholesterol: 73.89mg (24.63%), Sodium: 1209.33mg (52.58%), Alcohol: 6.18g (100%), Alcohol %: 1.56% (100%), Protein: 33.37g (66.75%), Selenium: 57.96µg (82.8%), Vitamin K: 45.35µg (43.19%), Phosphorus: 421.25mg (42.13%), Potassium: 1405.11mg (40.15%), Vitamin B6: 0.68mg (34.15%), Vitamin E: 5.07mg (33.82%), Vitamin B3: 5.76mg (28.78%), Vitamin B12: 1.56µg (25.92%), Vitamin C: 20.33mg (24.64%), Magnesium: 95.18mg (23.8%), Vitamin A: 1126.64IU (22.53%), Manganese: 0.39mg (19.61%), Iron: 3.32mg (18.46%), Vitamin B2: 0.28mg (16.7%), Copper: 0.31mg (15.32%), Fiber: 3.57g (14.29%), Vitamin B1: 0.2mg

(13.5%), Vitamin D: 1.53µg (10.21%), Vitamin B5: 0.96mg (9.61%), Folate: 38.12µg (9.53%), Zinc: 1.39mg (9.28%), Calcium: 75.93mg (7.59%)