



Herbed Fish and Red Potato Chowder

READY IN



45 min.

SERVINGS



4

CALORIES



355 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices bacon
- ☐ 0.3 teaspoon pepper black
- ☐ 16 ounce bottled clam juice
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 12 ounces pacific halibut filets skinless cut into 1-inch pieces
- ☐ 2 cups milk 2% reduced-fat
- ☐ 1 cup onion chopped

- ☐ 1 pound potatoes – remove skin diced red
- ☐ 0.3 teaspoon salt

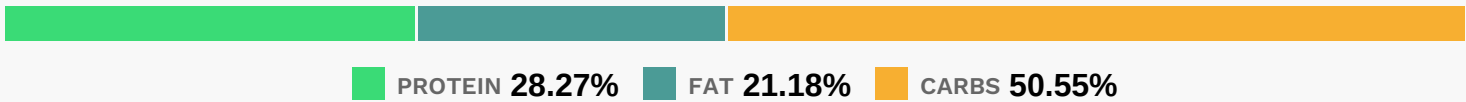
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Cook bacon in a Dutch oven over medium–high heat until crisp.
- ☐ Remove bacon from pan. Reserve 1 tablespoon drippings in pan; discard remaining drippings. Cool bacon, and crumble. Set bacon aside.
- ☐ Add potato and onion to drippings in pan; saut 3 minutes or until onion is tender.
- ☐ Add flour to pan; cook 1 minute, stirring constantly. Stir in clam juice; bring to a boil. Cover, reduce heat, and simmer 6 minutes or until potatoes are tender. Stir in milk; bring to a simmer over medium–high heat, stirring constantly (do not boil). Stir in thyme, salt, pepper, and fish; cook 3 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness. Stir in parsley.
- ☐ Sprinkle with bacon.

Nutrition Facts



Properties

Glycemic Index:65.25, Glycemic Load:4.05, Inflammation Score:–9, Nutrition Score:23.477826139201%

Flavonoids

Apigenin: 4.36mg, Apigenin: 4.36mg, Apigenin: 4.36mg, Apigenin: 4.36mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 8.86mg, Quercetin: 8.86mg, Quercetin: 8.86mg, Quercetin: 8.86mg

Nutrients (% of daily need)

Calories: 355.35kcal (17.77%), Fat: 8.36g (12.87%), Saturated Fat: 3.27g (20.45%), Carbohydrates: 44.92g (14.97%), Net Carbohydrates: 41.36g (15.04%), Sugar: 12.92g (14.35%), Cholesterol: 58.37mg (19.46%), Sodium: 765.38mg (33.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.12g (50.23%), Selenium: 47.08µg (67.26%), Vitamin B6: 0.86mg (43.04%), Phosphorus: 427.65mg (42.76%), Vitamin B3: 8.09mg (40.45%), Potassium: 1261.67mg (36.05%), Vitamin K: 36.71µg (34.96%), Vitamin C: 24.08mg (29.19%), Vitamin B12: 1.65µg (27.5%), Vitamin D: 4.04µg (26.94%), Vitamin B2: 0.35mg (20.62%), Vitamin B1: 0.3mg (19.99%), Calcium: 189.05mg (18.91%), Magnesium: 73.73mg (18.43%), Manganese: 0.36mg (18.14%), Folate: 67.33µg (16.83%), Fiber: 3.56g (14.22%), Vitamin B5: 1.27mg (12.74%), Copper: 0.25mg (12.71%), Vitamin A: 611.42IU (12.23%), Iron: 1.99mg (11.06%), Zinc: 1.63mg (10.86%), Vitamin E: 0.77mg (5.1%)