



Larsen's Fish Market Seafood Chowder

 Gluten Free

READY IN



90 min.

SERVINGS



12

CALORIES



477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 servings pepper black freshly ground
- 2 quarts clam broth
- 6 tablespoons butter
- 2 stalks celery diced
- 1 tablespoon crab boil seasoning (recommended: Old Bay)
- 0.5 pound crab meat picked over for shells
- 1 pint cup heavy whipping cream (do not boil)
- 2 quarts fish stock

- 0.5 pound live maine lobsters cut into bite-sized pieces
- 0.1 cup mirin sweetened (sake)
- 1 pound whitefish such as monkfish firm cut into bite-sized pieces
- 1 large onion diced spanish
- 4 large potatoes diced peeled
- 12 servings salt
- 1 pound sea scallops
- 1 pound shrimp peeled
- 1 pound skinned whitefish such as cod or halibut, cut into 2-inch pieces

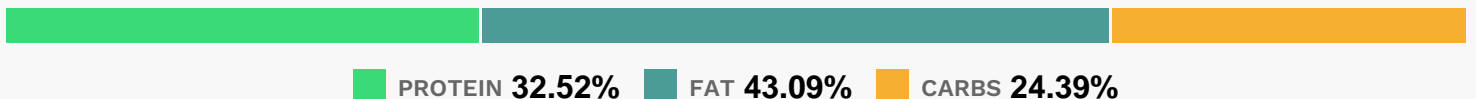
Equipment

- pot

Directions

- Melt butter in a large stockpot.
- Saute onions and celery in butter until soft and translucent.
- Add mirin and continue to cook until it is almost reduced. Stir in crab boil seasoning and 1 tablespoon pepper. Continue to cook approximately 1 minute.
- Pour in fish stock and clam broth and bring to a boil.
- Add the potatoes and cook the potatoes until just tender. Continue to simmer and add crab, lobster, scallops, and shrimp. Return to a simmer and add fish. Gently poach fish until just cooked.
- Add heated half-and-half. Season with salt and freshly ground black pepper, to taste. Enjoy!

Nutrition Facts



Properties

Glycemic Index:22.48, Glycemic Load:16.94, Inflammation Score:-8, Nutrition Score:25.23565228089%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg

Nutrients (% of daily need)

Calories: 476.56kcal (23.83%), Fat: 22.87g (35.19%), Saturated Fat: 13.42g (83.85%), Carbohydrates: 29.12g (9.71%), Net Carbohydrates: 26.04g (9.47%), Sugar: 4.81g (5.34%), Cholesterol: 189.83mg (63.28%), Sodium: 1871.61mg (81.37%), Alcohol: 0.25g (100%), Alcohol %: 0.04% (100%), Protein: 38.84g (77.69%), Selenium: 56.18µg (80.26%), Vitamin B12: 3.64µg (60.67%), Phosphorus: 566.75mg (56.67%), Copper: 0.85mg (42.69%), Potassium: 1250.83mg (35.74%), Vitamin C: 27.34mg (33.14%), Vitamin B3: 6.58mg (32.88%), Vitamin B6: 0.64mg (32.24%), Zinc: 3.58mg (23.86%), Vitamin A: 1160.34IU (23.21%), Magnesium: 91.81mg (22.95%), Calcium: 157.04mg (15.7%), Manganese: 0.31mg (15.34%), Folate: 61µg (15.25%), Vitamin B2: 0.23mg (13.77%), Iron: 2.33mg (12.96%), Fiber: 3.09g (12.35%), Vitamin D: 1.8µg (12.02%), Vitamin B5: 1.17mg (11.68%), Vitamin B1: 0.15mg (10.28%), Vitamin K: 9.79µg (9.32%), Vitamin E: 1.12mg (7.44%)