



Leek and Fennel Chowder with Smoked Salmon

READY IN



45 min.

SERVINGS



10

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.8 cup chives thinly sliced
- ☐ 1 bay leaves dried
- ☐ 5 cups fat-skimmed beef broth
- ☐ 2 heads fennel bulb (each 3 in. at widest dimension;)
- ☐ 0.5 cup flour all-purpose
- ☐ 3 pounds leek
- ☐ 5 cups milk

- ☐ 0.1 teaspoon pepper
- ☐ 3 pounds potatoes – remove skin
- ☐ 1 pound salmon smoked (see notes)
- ☐ 0.5 teaspoon salt

Equipment

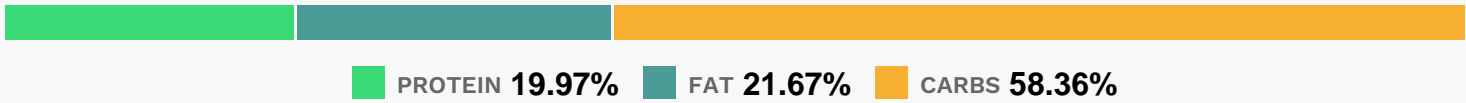
- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Trim and discard root ends and coarse tops from leeks.
- ☐ Cut leeks in half lengthwise and rinse under running water, flipping layers to flush out grit; drain, then thinly slice crosswise.
- ☐ Rinse fennel. Trim off and discard root ends and stalks; reserve 2 or 3 sprigs of feathery green tops for garnish, and finely chop enough of the remaining feathery leaves to make 3 tablespoons (discard any remaining greens). In a bowl, mix chopped greens with chives; cover and chill. Chop fennel heads.
- ☐ In a 6- to 8-quart pan over medium heat, melt butter.
- ☐ Add leeks and chopped fennel heads, cover, and stir occasionally until vegetables are very limp, 10 to 12 minutes.
- ☐ Add broth and bay leaf to pan. Bring to a boil over high heat. Scrub potatoes and cut into 1/2- to 3/4-inch cubes.
- ☐ Add potatoes to broth mixture and return to a simmer; reduce heat, cover, and simmer, stirring occasionally, until potatoes are tender when pierced, 15 to 20 minutes.
- ☐ Cut salmon into strips 2 to 3 inches long and 1/2 inch wide; put in a bowl.
- ☐ In a separate bowl, whisk milk, flour, 1/2 teaspoon salt, and 1/8 teaspoon pepper until smooth.
- ☐ Add to potato-broth mixture and stir over high heat until boiling, about 5 minutes.
- ☐ Add more salt and pepper to taste.
- ☐ Serve soup from pan, or pour into a tureen.

Garnish with reserved fennel sprigs. Offer with smoked salmon and chive mixture to add to taste.

Nutrition Facts



Properties

Glycemic Index:31.7, Glycemic Load:11.93, Inflammation Score:-9, Nutrition Score:34.045652348062%

Flavonoids

Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 3.93mg, Kaempferol: 3.93mg, Kaempferol: 3.93mg, Kaempferol: 3.93mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 367.4kcal (18.37%), Fat: 9.1g (14.01%), Saturated Fat: 4.29g (26.8%), Carbohydrates: 55.16g (18.39%), Net Carbohydrates: 48.69g (17.71%), Sugar: 15.01g (16.68%), Cholesterol: 31.09mg (10.36%), Sodium: 1076.74mg (46.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.87g (37.74%), Vitamin K: 104.35µg (99.38%), Vitamin D: 9.1µg (60.66%), Vitamin A: 2779.07IU (55.58%), Manganese: 1.02mg (50.95%), Vitamin C: 35.4mg (42.9%), Vitamin B6: 0.79mg (39.7%), Vitamin B12: 2.37µg (39.49%), Potassium: 1370.92mg (39.17%), Phosphorus: 373.34mg (37.33%), Folate: 140.96µg (35.24%), Selenium: 24.06µg (34.37%), Vitamin B3: 5.7mg (28.5%), Iron: 5.08mg (28.24%), Calcium: 281.05mg (28.11%), Copper: 0.52mg (25.89%), Fiber: 6.47g (25.86%), Magnesium: 102.68mg (25.67%), Vitamin B1: 0.33mg (22.32%), Vitamin B2: 0.37mg (21.84%), Vitamin B5: 1.71mg (17.05%), Vitamin E: 2.29mg (15.24%), Zinc: 1.43mg (9.56%)