



Lobster-and-Corn Chowder with Roasted-Red-Pepper Cream

 Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



198 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 slices bacon smoked chopped
- 0.5 cup basil fresh shredded
- 6 ears corn fresh
- 6 pound live lobsters
- 1 cup milk
- 1 pound new potatoes quartered
- 1 large onion chopped

- 1 teaspoon pepper freshly ground
- 16 servings roasted-red-pepper cream
- 1 tablespoon salt
- 1.5 teaspoons salt
- 6 quarts water
- 10 cup water
- 1 cup whipping cream

Equipment

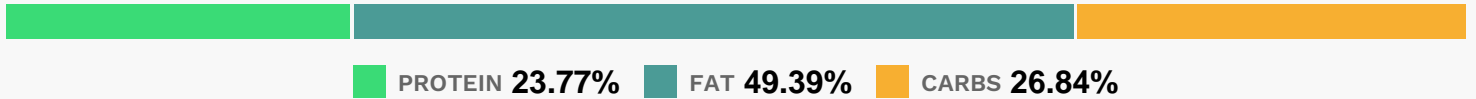
- frying pan
- pot
- sieve
- grill
- tongs

Directions

- Coat food rack with cooking spray; place on grill over medium-hot coals.
- Place corn on rack, and cook 5 minutes on each side or until lightly browned. Cool; cut off kernels, and set aside, reserving cobs.
- Bring 6 quarts water and 1 tablespoon salt to a boil in a large stockpot.
- Plunge lobsters, headfirst, into boiling water; return to a boil. Cover, reduce heat, and simmer 10 minutes for the first pound and 3 minutes for each additional pound.
- Remove lobsters with tongs.
- Remove meat from claws and tails; set meat aside.
- Place corn cobs and 10 cups water in a large stockpot. Bring to a boil over medium-high heat; cover, reduce heat, and simmer 1 hour. Discard corn cobs; pour liquid through a fine wire-mesh strainer into a large container, discarding solids. Set liquid aside.
- Cook bacon in a large stockpot until crisp; remove bacon, reserving 2 tablespoons drippings in pan. Set bacon aside.
- Saut onion in hot drippings 5 minutes or until tender.

- Add reserved liquid and potatoes; bring to a boil. Reduce heat, and simmer 15 minutes or until potatoes are tender. Stir in corn, lobster meat, milk, and next 3 ingredients; cook over medium heat 10 minutes or until mixture almost boils.
- Remove from heat; stir in basil. Top each serving with bacon and Roasted-Red-Pepper Cream.
- Serve with crackers, if desired.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:4.11, Inflammation Score:-5, Nutrition Score:11.587826055029%

Flavonoids

Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 197.54kcal (9.88%), Fat: 11.08g (17.05%), Saturated Fat: 5.38g (33.61%), Carbohydrates: 13.55g (4.52%), Net Carbohydrates: 12.04g (4.38%), Sugar: 3.9g (4.34%), Cholesterol: 86.39mg (28.8%), Sodium: 984.16mg (42.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12g (24.01%), Selenium: 33.59µg (47.98%), Copper: 0.79mg (39.41%), Phosphorus: 166.28mg (16.63%), Zinc: 2.22mg (14.83%), Vitamin B12: 0.76µg (12.61%), Magnesium: 48.08mg (12.02%), Vitamin B5: 1.19mg (11.87%), Vitamin C: 9.26mg (11.23%), Vitamin B6: 0.22mg (11.14%), Potassium: 383.67mg (10.96%), Vitamin B3: 2.15mg (10.73%), Calcium: 93.14mg (9.31%), Vitamin B1: 0.13mg (8.76%), Manganese: 0.17mg (8.35%), Vitamin A: 358.66IU (7.17%), Folate: 26.54µg (6.64%), Fiber: 1.51g (6.05%), Vitamin B2: 0.1mg (5.64%), Vitamin K: 4.52µg (4.3%), Vitamin E: 0.64mg (4.28%), Iron: 0.65mg (3.61%), Vitamin D: 0.45µg (3%)