



## Lobster Chowder

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



264 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 slices bacon chopped
- 2 cups baking potatoes diced peeled
- 2 bay leaves
- 2 cups ears corn fresh ( 4 ears)
- 1 cup spring onion chopped
- 0.5 teaspoon ground cumin
- 1 cup half and half
- 1 teaspoon paprika sweet

- 3 pound live maine lobsters
- 0.5 teaspoon salt
- 0.8 cup salt
- 2 teaspoons sugar
- 3 gallons water
- 8 cups water
- 0.3 teaspoon pepper white

## Equipment

- bowl
- frying pan
- pot
- dutch oven
- colander

## Directions

- Boil lobsters, covered, in 3 gallons of water and 3/4 cup salt in a 5-gallon stockpot for 10 minutes or until shells are bright orange-red and tails are curled.
- Remove from pan; cool.
- Remove meat from shells. Coarsely chop the meat; refrigerate.
- Combine lobster shells, 8 cups water, and bay leaves in stockpot. Bring to a boil, reduce heat, and simmer 1 hour. Strain lobster stock through a colander into a large bowl; discard shells. Reserve 4 cups.
- Cook bacon in a large Dutch oven over medium-high heat until crisp.
- Add onions; saut 2 minutes. Stir in paprika and cumin.
- Add reserved 4 cups stock and potato; bring to a boil. Cook for 15 minutes or until potato is tender.
- Remove from heat. Stir in lobster meat, half-and-half, sugar, 1/2 teaspoon salt, and pepper. Cover and refrigerate 1 hour, if desired.
- Return pan to low heat.

- Add corn; cook 5 minutes.
- Garnish with chives, if desired.

## Nutrition Facts



### Properties

Glycemic Index:25.86, Glycemic Load:6.23, Inflammation Score:-6, Nutrition Score:24.936086775168%

### Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

### Nutrients (% of daily need)

Calories: 263.62kcal (13.18%), Fat: 7.55g (11.61%), Saturated Fat: 3.31g (20.66%), Carbohydrates: 17.09g (5.7%), Net Carbohydrates: 15.43g (5.61%), Sugar: 5.07g (5.63%), Cholesterol: 230.24mg (76.75%), Sodium: 11622.24mg (505.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.02g (64.05%), Selenium: 110.76µg (158.22%), Copper: 2.65mg (132.26%), Zinc: 6.72mg (44.82%), Phosphorus: 369.57mg (36.96%), Vitamin B12: 2.21µg (36.85%), Vitamin B5: 2.97mg (29.71%), Magnesium: 110.69mg (27.67%), Vitamin K: 27.26µg (25.96%), Calcium: 248.59mg (24.86%), Vitamin B3: 4.09mg (20.44%), Potassium: 690.12mg (19.72%), Vitamin B6: 0.38mg (19.19%), Manganese: 0.27mg (13.74%), Vitamin E: 1.75mg (11.69%), Folate: 46.58µg (11.64%), Vitamin B1: 0.15mg (10.25%), Vitamin C: 7.26mg (8.8%), Vitamin A: 434.98IU (8.7%), Iron: 1.42mg (7.91%), Vitamin B2: 0.13mg (7.83%), Fiber: 1.66g (6.64%)