



Manhattan-Style Fish Chowder

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaves
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 28 ounce canned tomatoes diced undrained canned
- ☐ 1 cup carrots chopped
- ☐ 0.8 cup celery chopped
- ☐ 16 ounce bottled clam juice
- ☐ 1 cup wine dry white

- ☐ 3 garlic clove minced
- ☐ 2 pounds pacific halibut filets cut into 1-inch pieces
- ☐ 2.8 cups onion chopped
- ☐ 2 cups potatoes – remove skin red peeled chopped
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon thyme leaves dried fresh chopped
- ☐ 0.3 cup tomato paste
- ☐ 2 cups water

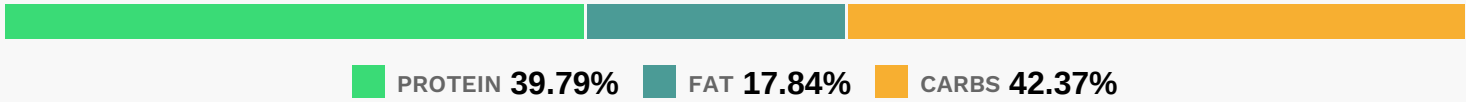
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Melt butter in a Dutch oven over medium-high heat.
- ☐ Add onion, carrot, celery, and garlic to pan; saut 10 minutes or until lightly browned. Stir in tomato paste; cook 1 minute. Stir in wine; cook 1 minute.
- ☐ Add potato and next 7 ingredients (potato through bay leaf); bring to a boil. Reduce heat; simmer 30 minutes.
- ☐ Add fish. Cover and simmer 10 minutes or until fish flakes easily when tested with a fork. Discard bay leaf.

Nutrition Facts



Properties

Glycemic Index:68.47, Glycemic Load:6.06, Inflammation Score:-10, Nutrition Score:33.050869568535%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin:

0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 15.19mg, Quercetin: 15.19mg, Quercetin: 15.19mg, Quercetin: 15.19mg

Nutrients (% of daily need)

Calories: 352.66kcal (17.63%), Fat: 6.58g (10.13%), Saturated Fat: 2.97g (18.53%), Carbohydrates: 35.17g (11.72%), Net Carbohydrates: 29.2g (10.62%), Sugar: 14.67g (16.3%), Cholesterol: 84.12mg (28.04%), Sodium: 1093.54mg (47.55%), Alcohol: 4.12g (100%), Alcohol %: 0.83% (100%), Protein: 33.03g (66.06%), Selenium: 71.49µg (102.13%), Vitamin A: 4462.84IU (89.26%), Vitamin B6: 1.31mg (65.48%), Vitamin B3: 12.67mg (63.36%), Phosphorus: 475.69mg (47.57%), Vitamin D: 7.11µg (47.38%), Potassium: 1590.25mg (45.44%), Vitamin C: 29.91mg (36.26%), Manganese: 0.6mg (30.24%), Vitamin B12: 1.69µg (28.23%), Fiber: 5.98g (23.9%), Magnesium: 93.82mg (23.46%), Vitamin E: 3.43mg (22.88%), Copper: 0.44mg (22.13%), Vitamin B1: 0.27mg (18.26%), Iron: 3.19mg (17.73%), Folate: 70.9µg (17.73%), Vitamin K: 16.57µg (15.79%), Vitamin B5: 1.25mg (12.53%), Vitamin B2: 0.2mg (11.89%), Calcium: 112.64mg (11.26%), Zinc: 1.41mg (9.39%)