



Mom's Nova Scotia Seafood Chowder

 **Gluten Free**  **Popular**

READY IN



85 min.

SERVINGS



20

CALORIES



495 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups butter cut into chunks
- 6 ounce crab meat flaked drained canned
- 3 carrots sliced
- 13 ounce clams drained chopped canned
- 1 pound cod cut into chunks
- 20 servings salt and ground pepper black to taste
- 2 cups half-and-half
- 4.3 cups heavy whipping cream

- 6 ounces live maine lobsters shredded cooked
- 2 large onions diced
- 7 potatoes cubed
- 1 pound salmon cut into chunks
- 1 pound scallops
- 1 pound shrimp deveined peeled

Equipment

- pot

Directions

- Fill a large pot halfway with lightly salted water; bring to a boil.
- Add onions and carrots; cook until slightly tender, 10 minutes.
- Add potatoes; cook until tender, 15 to 20 minutes.
- Stir in salmon, cod, scallops, shrimp, lobster, and crab; cook over medium heat until salmon and cod are firm but chunks are still slightly translucent in the center, about 10 minutes.
- Drain half the water from the pot and add clams, heavy cream, and half-and-half.
- Place butter chunks atop the soup; season with salt and black pepper. Cover and simmer, stirring occasionally, until salmon and cod are fully cooked and flake easily with a fork, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:13.33, Glycemic Load:10.18, Inflammation Score:-9, Nutrition Score:18.289999961853%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg

Nutrients (% of daily need)

Calories: 494.85kcal (24.74%), Fat: 36.93g (56.81%), Saturated Fat: 22.46g (140.35%), Carbohydrates: 18.67g (6.22%), Net Carbohydrates: 16.5g (6%), Sugar: 4.14g (4.6%), Cholesterol: 186.29mg (62.1%), Sodium: 372.82mg (16.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.27g (46.54%), Vitamin A: 2813.14IU (56.26%), Selenium: 31.37µg (44.81%), Phosphorus: 361.36mg (36.14%), Vitamin B12: 2.11µg (35.08%), Vitamin B6: 0.56mg (28.06%), Potassium: 801.91mg (22.91%), Copper: 0.44mg (22.1%), Vitamin C: 17.36mg (21.05%), Vitamin B3: 3.75mg (18.74%), Vitamin B2: 0.3mg (17.4%), Magnesium: 59.8mg (14.95%), Zinc: 1.89mg (12.61%), Calcium: 117.41mg (11.74%), Vitamin B5: 1.16mg (11.56%), Vitamin B1: 0.17mg (11%), Manganese: 0.19mg (9.59%), Vitamin E: 1.39mg (9.25%), Folate: 36.01µg (9%), Fiber: 2.18g (8.71%), Iron: 1.3mg (7.21%), Vitamin D: 1.01µg (6.76%), Vitamin K: 6.03µg (5.74%)