



Nantucket Lobster Chowder

READY IN



45 min.

SERVINGS



12

CALORIES



229 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup butter
- 0.5 teaspoon cayenne pepper
- 0.3 cup chardonnay
- 8 cups chicken broth
- 0.5 cup flour all-purpose
- 2 tablespoons chives fresh chopped
- 2 cups corn kernels fresh (4 ears)
- 1 tablespoon tarragon fresh chopped
- 1 cup heavy whipping cream

- 1.5 pound lobster tail pieces fresh thawed
- 1 pound potatoes red cubed
- 0.5 teaspoon salt

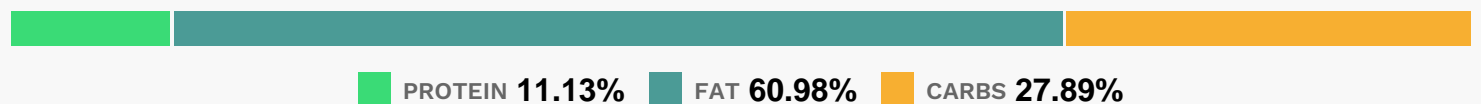
Equipment

- whisk
- dutch oven

Directions

- Melt butter in a 6-quart Dutch oven over medium-low heat.
- Whisk in flour until smooth. Gradually whisk in broth and wine. Bring to a boil, reduce heat, and simmer, uncovered, 20 minutes.
- Meanwhile, cut top and bottom lobster shells lengthwise down the middle. Carefully separate shell halves, and gently pull lobster meat in 1 piece from shells.
- Cut shell halves in half crosswise, and add to broth.
- Cut meat in half lengthwise, then slice it crosswise into bite-size pieces. Refrigerate meat.
- When shell mixture has simmered 20 minutes, add corn, potatoes, salt, and cayenne pepper. Return mixture to a boil, reduce heat, and simmer, uncovered, 12 minutes.
- Remove shells, and discard.
- Add lobster meat, chives, and tarragon to broth mixture; simmer 6 minutes. Stir in cream, and cook 2 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:23.92, Glycemic Load:3.08, Inflammation Score:-5, Nutrition Score:8.0321739445562%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 229.34kcal (11.47%), Fat: 15.77g (24.26%), Saturated Fat: 9.59g (59.92%), Carbohydrates: 16.23g (5.41%), Net Carbohydrates: 14.89g (5.41%), Sugar: 3.34g (3.71%), Cholesterol: 66.04mg (22.01%), Sodium: 822.64mg (35.77%), Alcohol: 0.53g (100%), Alcohol %: 0.24% (100%), Protein: 6.47g (12.95%), Selenium: 13.56µg (19.37%), Copper: 0.32mg (15.82%), Manganese: 0.27mg (13.27%), Vitamin A: 660.46IU (13.21%), Vitamin B2: 0.2mg (11.52%), Vitamin B1: 0.15mg (10.12%), Potassium: 348.16mg (9.95%), Phosphorus: 99.04mg (9.9%), Vitamin B3: 1.85mg (9.25%), Folate: 31.41µg (7.85%), Magnesium: 30.44mg (7.61%), Zinc: 1.03mg (6.88%), Vitamin C: 5.66mg (6.86%), Vitamin B6: 0.13mg (6.6%), Vitamin B5: 0.61mg (6.1%), Iron: 1.03mg (5.74%), Fiber: 1.34g (5.38%), Calcium: 47.74mg (4.77%), Vitamin B12: 0.28µg (4.63%), Vitamin E: 0.65mg (4.35%), Vitamin K: 3.61µg (3.44%), Vitamin D: 0.32µg (2.12%)