



New England Fish Chowder

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups baking potato diced peeled
- 3 tablespoons carrots shredded
- 2 tablespoons celery diced
- 1 pound cod white lean cut into 1-inch pieces
- 2 tablespoons flour all-purpose
- 2 tablespoons butter
- 2 tablespoons onion fresh minced
- 0.3 teaspoon pepper

- 0.5 teaspoon salt
- 3.5 cups skim milk divided

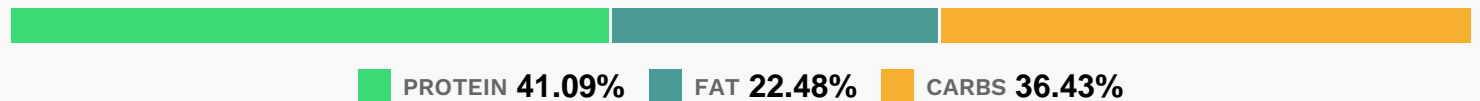
Equipment

- sauce pan
- whisk

Directions

- Melt margarine in a saucepan over medium heat.
- Add carrot, celery, and onion; saute 2 minutes. Stir in flour; gradually add 2 1/2 cups milk, stirring constantly with a whisk.
- Add potato, salt, and pepper; bring to a boil. Reduce heat. Simmer, uncovered, 30 minutes; stir occasionally.
- Add fish and 1 cup milk; cook an additional 10 minutes or until fish is done.
- Serve with oyster crackers, if desired.

Nutrition Facts



Properties

Glycemic Index:82.71, Glycemic Load:16.71, Inflammation Score:-9, Nutrition Score:23.506086992181%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 312.47kcal (15.62%), Fat: 7.87g (12.11%), Saturated Fat: 1.97g (12.32%), Carbohydrates: 28.7g (9.57%), Net Carbohydrates: 27.13g (9.87%), Sugar: 12.1g (13.45%), Cholesterol: 63.13mg (21.04%), Sodium: 518.57mg (22.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.38g (64.76%), Selenium: 53.32µg (76.17%), Vitamin A: 2586.63IU (51.73%), Vitamin B12: 3.04µg (50.7%), Phosphorus: 475.61mg (47.56%), Vitamin D: 5.87µg (39.16%),

Calcium: 313.92mg (31.39%), Potassium: 1075.59mg (30.73%), Vitamin B6: 0.59mg (29.7%), Vitamin B3: 5.81mg (29.04%), Vitamin B2: 0.41mg (24.03%), Magnesium: 77.14mg (19.28%), Vitamin B1: 0.27mg (17.93%), Vitamin B5: 1.61mg (16.14%), Folate: 53.48µg (13.37%), Manganese: 0.24mg (11.75%), Zinc: 1.63mg (10.84%), Copper: 0.18mg (9.11%), Iron: 1.52mg (8.45%), Vitamin C: 5.45mg (6.6%), Fiber: 1.57g (6.29%), Vitamin K: 5.83µg (5.55%), Vitamin E: 0.77mg (5.12%)