



## Salmon and Corn Chowder

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



529 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 stalks celery cut into 1/2-inch slices
- ☐ 4 cups chicken stock see
- ☐ 1.5 cups corn kernels ( 2 ears)
- ☐ 0.3 cup optional: dill fresh minced
- ☐ 1 bunch spring onion coarsely chopped
- ☐ 1 cup cup heavy whipping cream
- ☐ 1 juice of lemon grated
- ☐ 1 teaspoon kosher salt

- ☐ 3 tablespoons olive oil
- ☐ 8 ounces potatoes – remove skin red unpeeled cut into 1-inch cubes
- ☐ 2 pounds salmon fillet cut into 2-inch pieces
- ☐ 1.3 teaspoons pepper white freshly ground

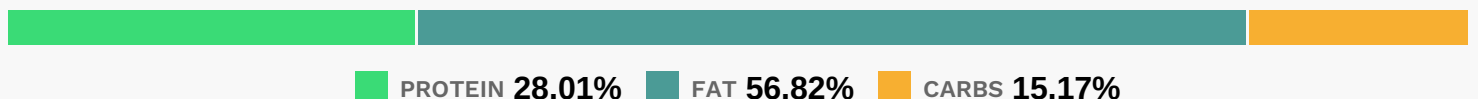
## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ grill
- ☐ dutch oven

## Directions

- ☐ Prepare a campfire or wood-fired grill for cooking with indirect heat.
- ☐ Heat the olive oil in a large, heavy saucepan or Dutch oven over medium heat and sauté the celery for 3 minutes.
- ☐ Add the potatoes, salt, and pepper and cook, stirring occasionally, for 5 minutes. Stir in the green onions and corn and add 2 cups of the stock. Bring to a boil, then reduce the heat, cover, and simmer until the potatoes are almost tender, about 15 minutes.
- ☐ Add the cream and simmer, uncovered, until the potatoes are tender, 5 to 7 minutes. Stir in the salmon and lemon zest and simmer gently until the salmon is just cooked through, 3 to 4 minutes.
- ☐ Add more stock as needed and lemon juice to taste. Taste and adjust the seasoning.
- ☐ Serve in bowls, topped with the dill.
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## Nutrition Facts



## Properties

Glycemic Index:13.17, Glycemic Load:0.13, Inflammation Score:-7, Nutrition Score:29.510869917662%

## Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

## Nutrients (% of daily need)

Calories: 529.3kcal (26.46%), Fat: 33.45g (51.46%), Saturated Fat: 12.21g (76.33%), Carbohydrates: 20.11g (6.7%), Net Carbohydrates: 18.16g (6.6%), Sugar: 6.39g (7.1%), Cholesterol: 132.78mg (44.26%), Sodium: 797.18mg (34.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.1g (74.21%), Selenium: 60.43µg (86.33%), Vitamin B12: 4.87µg (81.19%), Vitamin B3: 15.38mg (76.91%), Vitamin B6: 1.45mg (72.32%), Vitamin B2: 0.85mg (50.07%), Phosphorus: 417.63mg (41.76%), Potassium: 1238.42mg (35.38%), Vitamin B1: 0.46mg (30.59%), Vitamin B5: 2.92mg (29.18%), Copper: 0.55mg (27.43%), Folate: 80.7µg (20.17%), Vitamin A: 920.67IU (18.41%), Vitamin K: 19.09µg (18.18%), Magnesium: 70.7mg (17.67%), Iron: 2.29mg (12.74%), Vitamin C: 9.32mg (11.29%), Zinc: 1.6mg (10.68%), Vitamin E: 1.53mg (10.18%), Manganese: 0.19mg (9.45%), Fiber: 1.95g (7.78%), Calcium: 68.13mg (6.81%), Vitamin D: 0.63µg (4.23%)