



WHATSheATE



Salmon-and-Corn Chowder with Lima Beans



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



616 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 pound bacon sliced thin
- ☐ 3 cups chicken broth low-sodium homemade canned
- ☐ 2.7 cups ears corn fresh frozen (cut from 4 ears)
- ☐ 1 cup baby lima beans frozen thawed
- ☐ 0.1 teaspoon pepper black
- ☐ 0.8 cup half and half
- ☐ 1 onion chopped
- ☐ 1.3 pounds potato boiling peeled cut into 1/2-inch dice (3)

- ☐ 1 pound salmon fillet skinless cut into 1-inch pieces
- ☐ 1.8 teaspoons salt
- ☐ 2 tablespoons spring onion chopped

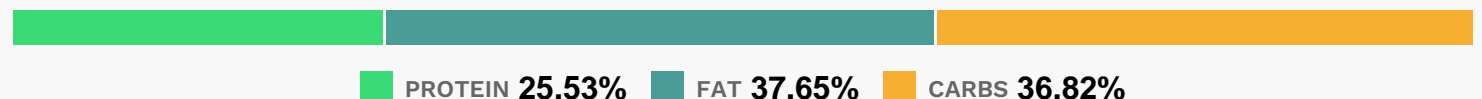
Equipment

- ☐ food processor
- ☐ paper towels
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ In a large pot, cook the bacon until crisp.
- ☐ Remove with a slotted spoon and drain on paper towels.
- ☐ Pour off all but 1 tablespoon of fat from the pot.
- ☐ Add the onion and cook over moderately low heat, stirring occasionally, until translucent, about 5 minutes.
- ☐ Add the potatoes, broth, bacon, and 1/2 teaspoon of the salt to the pot and simmer, covered, for 10 minutes.
- ☐ Put the corn kernels in a food processor and pulse six to eight times to chop.
- ☐ Add the corn to the pot and cook, covered, until the potatoes and corn are just done, about 5 minutes longer.
- ☐ Add the salmon, lima beans, the remaining 1 1/4 teaspoons salt, and the pepper. Bring just back to a simmer; the fish should be just cooked through. Stir in the half-and-half and serve the chowder topped with the chives.
- ☐ Variation: If you're not a lima-bean fan, substitute another vegetable, such as petite peas.
- ☐ Wine Recommendation: Pinot blanc from Alsace is delicious, plentiful, and inexpensive. It will provide a lovely backdrop for the chowder's rich flavor and texture.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:0.62, Inflammation Score:-8, Nutrition Score:34.760869492655%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.82mg, Quercetin: 6.82mg, Quercetin: 6.82mg, Quercetin: 6.82mg

Nutrients (% of daily need)

Calories: 615.6kcal (30.78%), Fat: 26.44g (40.68%), Saturated Fat: 8.81g (55.05%), Carbohydrates: 58.19g (19.4%), Net Carbohydrates: 50.82g (18.48%), Sugar: 11.22g (12.47%), Cholesterol: 96.96mg (32.32%), Sodium: 1398.67mg (60.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.35g (80.7%), Vitamin B3: 16.34mg (81.68%), Vitamin B6: 1.47mg (73.74%), Selenium: 50.85µg (72.64%), Vitamin B12: 4.01µg (66.85%), Phosphorus: 588.15mg (58.81%), Potassium: 1964.64mg (56.13%), Vitamin B1: 0.67mg (44.93%), Vitamin B2: 0.73mg (43.11%), Manganese: 0.72mg (35.89%), Copper: 0.7mg (34.96%), Vitamin B5: 3.38mg (33.78%), Magnesium: 133.53mg (33.38%), Vitamin C: 25.17mg (30.51%), Fiber: 7.36g (29.46%), Folate: 114.46µg (28.62%), Iron: 3.98mg (22.1%), Zinc: 2.65mg (17.65%), Calcium: 110.51mg (11.05%), Vitamin K: 11.41µg (10.87%), Vitamin A: 515.46IU (10.31%), Vitamin E: 0.34mg (2.27%)