



Salmon and Dill Chowder

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



442 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 bacon
- ☐ 0.3 teaspoon pepper black
- ☐ 2 rib celery cut into 1/2-inch cubes
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 1 medium onion cut into 1/2-inch cubes
- ☐ 1 pound potatoes boiling peeled cut into 1-inch cubes
- ☐ 1 pound salmon fillet dark skinless trimmed cut into 1-inch pieces
- ☐ 1 teaspoon salt

- ☐ 1 tablespoon butter unsalted
- ☐ 1 cup water
- ☐ 2 cups milk whole

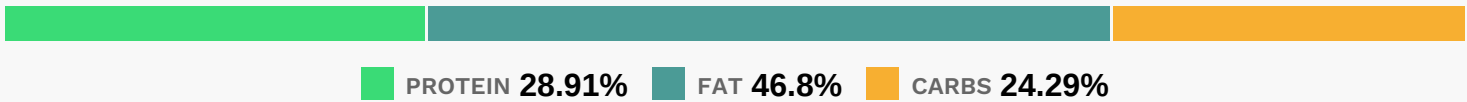
Equipment

- ☐ paper towels
- ☐ sauce pan

Directions

- ☐ Cook bacon in a 3-quart heavy saucepan over moderate heat, stirring frequently, until crisp, then transfer to paper towels to drain.
- ☐ Pour off all but 2 tablespoons fat from saucepan, then add onion, celery, potatoes, salt, and pepper and cook, stirring occasionally, until onion is softened, 5 to 7 minutes. Stir in water and bring to a boil, then reduce heat and simmer, covered, until potatoes are almost tender, about 10 minutes.
- ☐ Add milk and simmer, uncovered, until potatoes are tender, 4 to 5 minutes. Stir in salmon, dill, and butter and simmer gently until salmon is just cooked through, 3 to 4 minutes.
- ☐ Serve sprinkled with bacon.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:2.75, Inflammation Score:-6, Nutrition Score:26.354347602181%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.46mg, Isorhamnetin: 1.46mg, Isorhamnetin: 1.46mg, Isorhamnetin: 1.46mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.43mg, Quercetin: 6.43mg, Quercetin: 6.43mg, Quercetin: 6.43mg

Nutrients (% of daily need)

Calories: 441.91kcal (22.1%), Fat: 22.86g (35.17%), Saturated Fat: 8.16g (50.99%), Carbohydrates: 26.69g (8.9%), Net Carbohydrates: 24.25g (8.82%), Sugar: 8.51g (9.45%), Cholesterol: 99.05mg (33.02%), Sodium: 848.67mg (36.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.77g (63.55%), Vitamin B12: 4.38µg (73.01%), Selenium: 48.88µg (69.83%), Vitamin B6: 1.29mg (64.38%), Vitamin B3: 11.27mg (56.34%), Phosphorus: 460.13mg (46.01%), Vitamin B2: 0.66mg (38.94%), Potassium: 1343.72mg (38.39%), Vitamin B1: 0.49mg (32.69%), Vitamin B5: 2.82mg (28.22%), Copper: 0.47mg (23.46%), Magnesium: 78.92mg (19.73%), Calcium: 186.58mg (18.66%), Vitamin C: 11.97mg (14.51%), Folate: 54.59µg (13.65%), Zinc: 1.92mg (12.81%), Manganese: 0.24mg (12.07%), Iron: 1.91mg (10.64%), Vitamin D: 1.48µg (9.88%), Fiber: 2.44g (9.76%), Vitamin A: 365.46IU (7.31%), Vitamin K: 4.36µg (4.15%), Vitamin E: 0.26mg (1.71%)