



 **56%**
HEALTH SCORE

Salmon Butternut Squash Corn Chowder

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



326 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 butternut squash peeled
- 1 large carrots
- 3 ears corn
- 1 bunch optional: dill fresh
- 0.3 cup cup heavy whipping cream
- 2 tablespoons onion diced red finely
- 12 ounces salmon with a sharp knife chopped
- 4 servings salt and pepper

3 sprigs spring onion

0.3 cup water

Equipment

pot

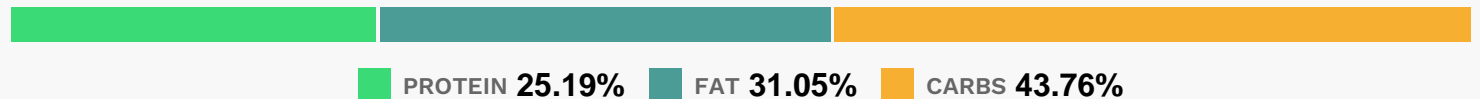
Directions

Pour water into a medium-size soup pot and start boiling on a low flame. Chop up the onions, butternut squash, carrots, corn, along with the scallions and dill and add them to the pot. Cover and let cook on a low flame for 30 minutes. Taste and add salt and pepper.

Cut up the salmon and add it to the soup, along with the cream.

Let cook for another 20 minutes, taste again and enjoy!

Nutrition Facts



Properties

Glycemic Index:30.21, Glycemic Load:0.81, Inflammation Score:-10, Nutrition Score:31.440869565217%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg

Taste

Sweetness: 50.87%, Saltiness: 100%, Sourness: 26.75%, Bitterness: 20.34%, Savoriness: 69.77%, Fattiness: 58.34%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 326.14kcal (16.31%), Fat: 11.93g (18.35%), Saturated Fat: 4.53g (28.28%), Carbohydrates: 37.83g (12.61%), Net Carbohydrates: 31.91g (11.6%), Sugar: 10.06g (11.18%), Cholesterol: 63.59mg (21.2%), Sodium: 267.8mg (11.64%), Protein: 21.77g (43.55%), Vitamin A: 23426.36IU (468.53%), Vitamin C: 47.39mg (57.44%), Vitamin B6: 1.09mg (54.46%), Vitamin B3: 10.37mg (51.87%), Selenium: 32.93µg (47.04%), Vitamin B12: 2.73µg (45.47%), Potassium: 1364.74mg (38.99%), Vitamin B1: 0.51mg (33.77%), Phosphorus: 311.92mg (31.19%), Magnesium: 119.18mg (29.8%),

Folate: 111.34µg (27.83%), Manganese: 0.55mg (27.64%), Vitamin B5: 2.75mg (27.5%), Vitamin B2: 0.45mg (26.21%),
Fiber: 5.93g (23.71%), Vitamin K: 23.77µg (22.64%), Vitamin E: 3.05mg (20.36%), Copper: 0.41mg (20.31%), Iron:
2.57mg (14.3%), Calcium: 126.03mg (12.6%), Zinc: 1.26mg (8.42%), Vitamin D: 0.24µg (1.59%)