

Salmon Chowder

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



549 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound bacon sliced
- ☐ 0.3 teaspoon pepper black
- ☐ 6 servings chives fresh chopped
- ☐ 1 cup corn fresh
- ☐ 1 teaspoon thyme sprigs fresh finely chopped
- ☐ 3 cloves garlic finely chopped
- ☐ 0.7 cup heavy whipping cream
- ☐ 2 teaspoons juice of lemon fresh

- ☐ 0.1 teaspoon pepper dried hot
- ☐ 0.5 pound potatoes – remove skin red
- ☐ 1.5 pound salmon fillet wild cut into 1-inch pieces (preferably)
- ☐ 0.5 teaspoon salt
- ☐ 2 cups spring onion chopped (from 2 bunches)
- ☐ 1 bay leaves
- ☐ 3 cups milk whole

Equipment

- ☐ paper towels
- ☐ sauce pan
- ☐ pot
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Cut potatoes into 1/2-inch cubes, then cook in a 1- to 1 1/2-quart heavy saucepan of boiling salted water until just tender, 8 to 10 minutes.
- ☐ Drain in a colander and set aside.
- ☐ Cook bacon in a 5-quart heavy pot over moderate heat, stirring occasionally, until crisp, about 8 minutes.
- ☐ Transfer with a slotted spoon to paper towels to drain.
- ☐ Pour off all but 2 tablespoons fat from pot, then cook scallions, corn, garlic, thyme, bay leaf, and red-pepper flakes in fat in pot over moderately low heat, stirring occasionally, until scallions are tender, about 5 minutes.
- ☐ Add milk and cream and bring just to a boil. Reduce heat to moderately low, then add potatoes, salmon, bacon, salt, and pepper and cook, gently stirring occasionally, until salmon is just cooked through and begins to break up as you stir, 5 to 8 minutes. Stir in lemon juice and salt and pepper to taste. Discard bay leaf before serving.

Nutrition Facts



 PROTEIN **24.92%**  FAT **58.66%**  CARBS **16.42%**

Properties

Glycemic Index:37, Glycemic Load:2.84, Inflammation Score:-8, Nutrition Score:31.061304755833%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg

Nutrients (% of daily need)

Calories: 549.45kcal (27.47%), Fat: 36.01g (55.4%), Saturated Fat: 14.55g (90.96%), Carbohydrates: 22.67g (7.56%), Net Carbohydrates: 20.25g (7.36%), Sugar: 7.98g (8.87%), Cholesterol: 131.84mg (43.95%), Sodium: 561.96mg (24.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.42g (68.83%), Selenium: 52.95µg (75.64%), Vitamin B12: 4.5µg (74.94%), Vitamin K: 73.64µg (70.14%), Vitamin B6: 1.27mg (63.45%), Vitamin B3: 11.68mg (58.4%), Phosphorus: 482.74mg (48.27%), Vitamin B2: 0.75mg (43.97%), Vitamin B1: 0.52mg (34.4%), Potassium: 1198.22mg (34.23%), Vitamin B5: 2.85mg (28.48%), Calcium: 217.74mg (21.77%), Vitamin A: 1055.24IU (21.1%), Copper: 0.41mg (20.29%), Magnesium: 79.35mg (19.84%), Folate: 70.18µg (17.54%), Vitamin C: 13.89mg (16.84%), Zinc: 2.22mg (14.78%), Vitamin D: 1.92µg (12.78%), Iron: 2.17mg (12.06%), Manganese: 0.23mg (11.27%), Fiber: 2.43g (9.71%), Vitamin E: 0.68mg (4.51%)