



Salmon Chowder

READY IN



30 min.

SERVINGS



4

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons butter
- ☐ 14 ounce salmon canned (buy whichever type is cheapest)
- ☐ 1 cup carrots thinly sliced
- ☐ 0.5 cup celery chopped
- ☐ 3 cups chicken broth
- ☐ 1 cup corn kernels frozen canned drained ()
- ☐ 0.5 teaspoon dill dried
- ☐ 2 tablespoons flour all-purpose

- ☐ 1 clove garlic minced
- ☐ 0.3 cup bell pepper green chopped
- ☐ 2 cups milk
- ☐ 1 small onion minced
- ☐ 1 cup potatoes diced peeled finely
- ☐ 0.5 teaspoon salt

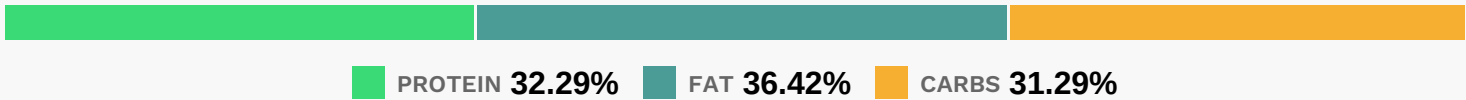
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot

Directions

- ☐ Melt butter in a soup pot over medium heat and cook onion, celery, and bell pepper, stirring.
- ☐ Add garlic after vegetables start to get soft, 3 to 5 minutes, and cook 1 minute.
- ☐ Add flour and stir until it is evenly dispersed.
- ☐ Add potato, carrots, broth, dill, salt, and black pepper. Stir and bring to a boil over high heat. Reduce heat to medium-low and simmer until potatoes are fork tender, about 20 minutes.
- ☐ Add milk, corn, and salmon.
- ☐ Heat 5 more minutes. Ladle into bowls and serve with a little grated cheese on top, if using.

Nutrition Facts



Properties

Glycemic Index:106.15, Glycemic Load:12.5, Inflammation Score:-10, Nutrition Score:33.875651940056%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg

Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg

Nutrients (% of daily need)

Calories: 377.94kcal (18.9%), Fat: 15.66g (24.09%), Saturated Fat: 6.93g (43.31%), Carbohydrates: 30.28g (10.09%), Net Carbohydrates: 26.58g (9.67%), Sugar: 11.53g (12.81%), Cholesterol: 115.57mg (38.52%), Sodium: 1534.83mg (66.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.24g (62.48%), Vitamin A: 5905.57IU (118.11%), Vitamin D: 15.73µg (104.86%), Vitamin B12: 5.62µg (93.63%), Selenium: 44.24µg (63.21%), Phosphorus: 584.03mg (58.4%), Vitamin B3: 9.48mg (47.42%), Calcium: 472.57mg (47.26%), Vitamin B2: 0.58mg (34.2%), Potassium: 1011.91mg (28.91%), Vitamin C: 22.36mg (27.1%), Vitamin B6: 0.46mg (22.88%), Manganese: 0.4mg (19.81%), Magnesium: 75.41mg (18.85%), Vitamin B1: 0.26mg (17.22%), Vitamin B5: 1.51mg (15.1%), Fiber: 3.69g (14.78%), Zinc: 2.04mg (13.62%), Vitamin E: 1.89mg (12.62%), Folate: 49.54µg (12.38%), Copper: 0.22mg (11.06%), Vitamin K: 10.86µg (10.35%), Iron: 1.86mg (10.34%)