



Salmon Chowder

READY IN



50 min.

SERVINGS



8

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 tablespoons butter
- ☐ 0.5 teaspoon ground pepper
- ☐ 2 celery stalks diced
- ☐ 6 cups chicken stock see
- ☐ 3 tablespoons fennel bulb fresh chopped
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 garlic clove minced
- ☐ 1 teaspoon garlic powder
- ☐ 1.5 cups cup heavy whipping cream

- ☐ 1 tablespoons hot sauce
- ☐ 1 small onion diced
- ☐ 2 cups potatoes diced yellow
- ☐ 1 pound salmon skinless cut into pieces
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon paprika smoked
- ☐ 0.5 teaspoon pepper white

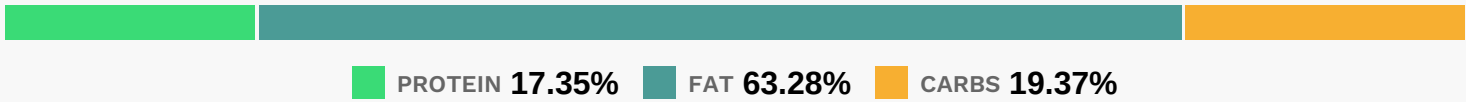
Equipment

- ☐ sauce pan

Directions

- ☐ Melt butter in a large saucepan over medium-high heat.
- ☐ Add onion, celery, and garlic; cook 5 minutes or until translucent.
- ☐ Add flour, and cook 5 minutes, stirring constantly. Stir in garlic powder and next 5 ingredients; cook 1 minute.
- ☐ Stir in chicken stock and next 3 ingredients. Bring to a simmer; cook 20 minutes or until potatoes are cooked through.
- ☐ Add salmon; cook 1 minute or just until done.

Nutrition Facts



Properties

Glycemic Index:49.34, Glycemic Load:8.66, Inflammation Score:-7, Nutrition Score:16.898695531099%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg

Nutrients (% of daily need)

Calories: 432.35kcal (21.62%), Fat: 30.55g (46.99%), Saturated Fat: 16.83g (105.22%), Carbohydrates: 21.04g (7.01%), Net Carbohydrates: 19.26g (7%), Sugar: 5.25g (5.83%), Cholesterol: 109.59mg (36.53%), Sodium: 703.35mg (30.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.85g (37.69%), Vitamin B3: 8.15mg (40.75%), Selenium: 27.52µg (39.32%), Vitamin B6: 0.79mg (39.3%), Vitamin B12: 1.89µg (31.54%), Vitamin B2: 0.5mg (29.32%), Phosphorus: 233.16mg (23.32%), Vitamin A: 1137.45IU (22.75%), Potassium: 792.29mg (22.64%), Vitamin B1: 0.27mg (18.3%), Vitamin C: 13.89mg (16.84%), Copper: 0.32mg (16.02%), Vitamin B5: 1.28mg (12.78%), Magnesium: 42.91mg (10.73%), Folate: 42.91µg (10.73%), Iron: 1.6mg (8.91%), Manganese: 0.16mg (8.08%), Vitamin K: 7.69µg (7.33%), Fiber: 1.78g (7.1%), Zinc: 0.97mg (6.46%), Calcium: 59.08mg (5.91%), Vitamin E: 0.87mg (5.78%), Vitamin D: 0.71µg (4.76%)