



Salmon Chowder

READY IN



45 min.

SERVINGS



9

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup butter
- ☐ 0.5 cup celery chopped
- ☐ 3 cups chicken broth
- ☐ 3 tablespoons flour all-purpose
- ☐ 9 ounce regular corn frozen thawed
- ☐ 2 cups half-and-half
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 cup onion chopped

- ☐ 1 pound potatoes red cut into 1/2-inch pieces
- ☐ 16 ounce salmon fillet
- ☐ 0.5 teaspoon salt
- ☐ 6 bacon thick-cut crumbled cooked

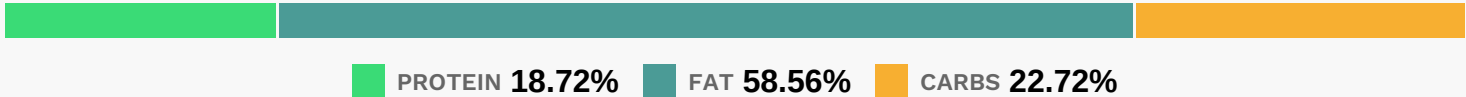
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ dutch oven

Directions

- ☐ Sprinkle salmon with kosher salt and pepper; place on a foil-lined baking sheet.
- ☐ Bake at 400 for 15 minutes or until desired degree of doneness. Flake fish into 1/2-inch pieces; set aside.
- ☐ Melt butter in a large Dutch oven over medium heat.
- ☐ Add onion and celery, and saut 5 minutes or until tender.
- ☐ Add flour; stir until mixture is smooth. Cook, stirring constantly, 1 minute. Gradually whisk in chicken broth. Cook over medium heat, stirring constantly, until thickened and bubbly. Stir in 1/2 teaspoon salt.
- ☐ Add potato, reduce heat, and simmer 20 minutes or until potato is tender. Stir in corn and half-and-half. Cook 6 minutes or until heated.
- ☐ Add cooked salmon, stirring gently to combine. Spoon into individual bowls; top with crumbled bacon.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:1.78, Inflammation Score:-5, Nutrition Score:15.043043328368%

Flavonoids

Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg

Nutrients (% of daily need)

Calories: 372.2kcal (18.61%), Fat: 24.53g (37.74%), Saturated Fat: 10.78g (67.4%), Carbohydrates: 21.41g (7.14%), Net Carbohydrates: 19.29g (7.01%), Sugar: 4.05g (4.5%), Cholesterol: 77.51mg (25.84%), Sodium: 819.16mg (35.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.65g (35.29%), Selenium: 26.76µg (38.23%), Vitamin B6: 0.67mg (33.32%), Vitamin B3: 6.4mg (32.01%), Vitamin B12: 1.85µg (30.85%), Phosphorus: 255.79mg (25.58%), Vitamin B2: 0.42mg (24.98%), Potassium: 737.75mg (21.08%), Vitamin B1: 0.31mg (20.81%), Vitamin B5: 1.41mg (14.12%), Copper: 0.25mg (12.4%), Magnesium: 46.99mg (11.75%), Folate: 44.8µg (11.2%), Manganese: 0.22mg (10.83%), Vitamin C: 8.35mg (10.12%), Zinc: 1.3mg (8.65%), Fiber: 2.12g (8.5%), Calcium: 82.73mg (8.27%), Vitamin A: 409.07IU (8.18%), Iron: 1.32mg (7.32%), Vitamin K: 4.42µg (4.21%), Vitamin E: 0.44mg (2.94%)