

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 garnish: chives fresh chopped
- ☐ 1 cup regular corn fresh
- ☐ 1 teaspoon thyme leaves fresh finely chopped
- ☐ 3 cloves garlic finely chopped
- ☐ 0.7 cup heavy cream
- ☐ 2 teaspoons juice of lemon fresh

- ☐ 0.1 teaspoon red-pepper flakes dried hot
- ☐ 0.5 pound potatoes red
- ☐ 1.5 pound salmon fillet wild cut into 1-inch pieces (preferably)
- ☐ 0.5 teaspoon salt
- ☐ 2 cups scallions chopped (from 2 bunches)
- ☐ 1 turkish or
- ☐ 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%)