



Salmon Chowder with Chives

READY IN



40 min.

SERVINGS



10

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaves
- 0.1 teaspoon pepper black freshly ground
- 8 cups chicken broth
- 0.3 cup flour all-purpose
- 0.3 cup chives fresh divided minced
- 0.1 teaspoon nutmeg
- 0.1 teaspoon ground pepper red
- 8 ounces potatoes - remove skin red cubed
- 1.5 pounds salmon fillet skinless cut into 2-inch pieces

- 0.5 teaspoon salt
- 1 shallots minced
- 0.3 cup butter unsalted
- 1 cup whipping cream
- 2 teaspoons citrus champagne vinegar
- 8 ounces yukon gold potatoes cubed

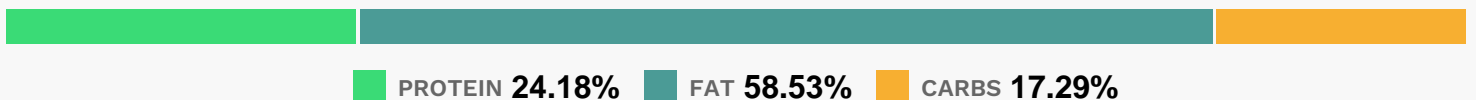
Equipment

- bowl
- ladle
- whisk
- dutch oven

Directions

- Saut shallot in butter in a large Dutch oven over medium heat, stirring constantly, 2 minutes or until tender.
- Whisk in flour and salt until smooth. Cook 1 minute, whisking constantly. Gradually whisk in chicken broth.
- Add potatoes and bay leaf. Cover and bring to a boil; reduce heat, and simmer, uncovered, 15 minutes or until potatoes are almost tender.
- Add salmon; simmer 5 minutes or until fish flakes with a fork and potatoes are tender.
- Discard bay leaf. Stir in cream, 2 tablespoons chives, vinegar, and next 3 ingredients. Cook over medium heat, stirring often, 2 minutes or until thoroughly heated. (Do not boil.) Ladle into bowls; sprinkle with remaining 2 tablespoons chives.

Nutrition Facts



Properties

Glycemic Index:36.78, Glycemic Load:4.75, Inflammation Score:-5, Nutrition Score:14.334782786991%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 276.81kcal (13.84%), Fat: 18.01g (27.71%), Saturated Fat: 9.11g (56.93%), Carbohydrates: 11.98g (3.99%), Net Carbohydrates: 10.88g (3.96%), Sugar: 2.21g (2.46%), Cholesterol: 80.28mg (26.76%), Sodium: 856.68mg (37.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.74g (33.48%), Selenium: 27.64µg (39.49%), Vitamin B12: 2.25µg (37.48%), Vitamin B6: 0.68mg (34.14%), Vitamin B3: 6.48mg (32.38%), Vitamin B2: 0.45mg (26.34%), Phosphorus: 191.24mg (19.12%), Vitamin B1: 0.26mg (17.45%), Potassium: 605.92mg (17.31%), Vitamin B5: 1.37mg (13.71%), Copper: 0.27mg (13.29%), Vitamin A: 579.51IU (11.59%), Manganese: 0.2mg (10.14%), Vitamin C: 7.37mg (8.94%), Magnesium: 35.41mg (8.85%), Folate: 33.53µg (8.38%), Iron: 1.25mg (6.94%), Zinc: 0.81mg (5.4%), Fiber: 1.09g (4.38%), Vitamin K: 4.47µg (4.26%), Calcium: 40.47mg (4.05%), Vitamin D: 0.47µg (3.11%), Vitamin E: 0.44mg (2.95%)