



 **61%**
HEALTH SCORE

Salmon-Vegetable Chowder

 **Gluten Free**  **Very Healthy**

READY IN



40 min.

SERVINGS



4

CALORIES



539 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices bacon chopped
- 10 ounces brussels sprouts halved quartered (if large)
- 6 medium carrots diced
- 2 large egg yolks
- 0.3 cup optional: dill fresh chopped
- 1 cup half-and-half
- 4 servings kosher salt
- 3 tablespoons juice of lemon dry white fresh

- 4 servings pepper freshly ground
- 0.8 pound salmon fillet skinless cut into 2-inch pieces
- 6 shallots chopped
- 10 ounce mushrooms white sliced
- 3 medium yukon gold potatoes diced peeled

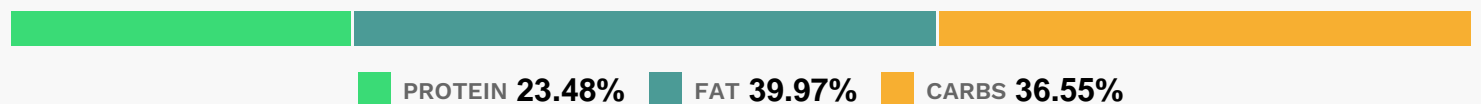
Equipment

- bowl
- sauce pan
- whisk

Directions

- Cook the bacon in a large saucepan over medium heat until crisp, about 5 minutes. Stir in the shallots and half of the dill and cook until the shallots are soft, about 3 minutes.
- Add the potatoes, carrots, 4 cups water and 1 teaspoon salt. Increase the heat to medium high, cover and bring to a simmer. Cook until the potatoes and carrots are almost tender, about 6 minutes.
- Add the mushrooms and Brussels sprouts and cook until all of the vegetables are tender, about 6 more minutes. Meanwhile, whisk the egg yolks, half-and-half and wine in a small bowl.
- Reduce the heat to medium low, add the salmon and cook until opaque, 2 to 3 minutes. Gently stir in the egg mixture and cook until the soup thickens slightly, 1 to 2 minutes. Season with salt and pepper. Divide among bowls and top with the remaining dill.
- Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:71.65, Glycemic Load:22.51, Inflammation Score:-10, Nutrition Score:47.10826102547%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 2.37mg, Naringenin: 2.37mg, Naringenin: 2.37mg, Naringenin: 2.37mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg Kaempferol: 2.37mg, Kaempferol: 2.37mg, Kaempferol: 2.37mg, Kaempferol: 2.37mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg

Nutrients (% of daily need)

Calories: 539.05kcal (26.95%), Fat: 24.21g (37.24%), Saturated Fat: 8.98g (56.1%), Carbohydrates: 49.81g (16.6%), Net Carbohydrates: 39.74g (14.45%), Sugar: 13.9g (15.44%), Cholesterol: 174.27mg (58.09%), Sodium: 517.36mg (22.49%), Alcohol: 1.16g (100%), Alcohol %: 0.25% (100%), Protein: 32g (64%), Vitamin A: 16506.16IU (330.12%), Vitamin K: 141.3µg (134.57%), Vitamin C: 99.12mg (120.15%), Vitamin B6: 1.69mg (84.4%), Selenium: 50.83µg (72.61%), Vitamin B3: 13.12mg (65.59%), Potassium: 2043.59mg (58.39%), Vitamin B2: 0.97mg (56.87%), Phosphorus: 534.22mg (53.42%), Vitamin B12: 3.12µg (52.06%), Vitamin B1: 0.63mg (41.99%), Fiber: 10.08g (40.31%), Manganese: 0.8mg (40.24%), Vitamin B5: 4mg (40.04%), Folate: 147.31µg (36.83%), Copper: 0.73mg (36.42%), Magnesium: 108.09mg (27.02%), Iron: 4.4mg (24.44%), Calcium: 187.99mg (18.8%), Zinc: 2.69mg (17.95%), Vitamin E: 1.73mg (11.52%), Vitamin D: 0.69µg (4.59%)