



Scallop and Corn Chowder

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



448 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounces bacon cut into a small dice
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup chicken broth
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 cup kernels from 2 ears of corn
- ☐ 0.3 cup flat-leaf parsley chopped
- ☐ 0.5 cup heavy cream
- ☐ 0.8 teaspoon kosher salt

- ☐ 1.5 pounds sea scallops dry (16)
- ☐ 1 small onion yellow thinly sliced into half-moons
- ☐ 0.5 pound yukon gold potatoes peeled cut into a 1/2-inch dice (if desired)

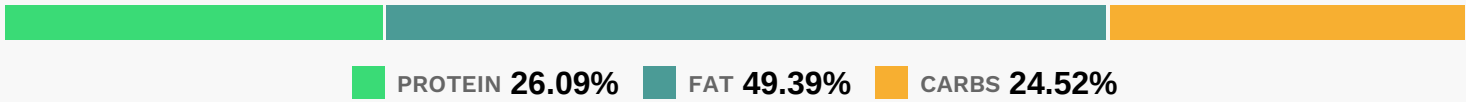
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ In a large skillet, over medium heat, cook the bacon until crisp, about 5 minutes.
- ☐ Transfer to a plate lined with paper towels. You should have about 2 tablespoons of bacon drippings; if necessary, supplement with olive oil. Increase heat to medium-high. Season the scallops with the salt and pepper and cook, working in batches, until golden brown, about 2 minutes per side.
- ☐ Transfer to a plate.
- ☐ Add the onion to the drippings in the skillet and cook until translucent, about 5 minutes.
- ☐ Add the potatoes, wine, broth, and cream, cover partially, and reduce heat. Simmer gently until the potatoes are tender, about 20 minutes.
- ☐ Add the scallops and corn and simmer gently for 4 minutes.
- ☐ Sprinkle with the parsley and bacon. Tip: Scallops lend a lovely sweetness to this chowder, but they're relatively expensive. You can use shrimp or any firm, white-fleshed fish, such as cod or halibut, instead.

Nutrition Facts



Properties

Glycemic Index:47.44, Glycemic Load:7.78, Inflammation Score:-8, Nutrition Score:20.26565209679%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin:

0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg

Nutrients (% of daily need)

Calories: 448.36kcal (22.42%), Fat: 23.54g (36.22%), Saturated Fat: 10.98g (68.65%), Carbohydrates: 26.29g (8.76%), Net Carbohydrates: 23.87g (8.68%), Sugar: 4.9g (5.44%), Cholesterol: 94.33mg (31.44%), Sodium: 1529.64mg (66.51%), Alcohol: 3.09g (100%), Alcohol %: 0.91% (100%), Protein: 27.98g (55.96%), Phosphorus: 705.98mg (70.6%), Vitamin K: 64.03µg (60.98%), Vitamin B12: 2.6µg (43.32%), Selenium: 29.11µg (41.59%), Vitamin C: 20.1mg (24.36%), Potassium: 849.62mg (24.27%), Vitamin B6: 0.45mg (22.54%), Magnesium: 76.8mg (19.2%), Vitamin B3: 3.83mg (19.13%), Vitamin A: 839.95IU (16.8%), Zinc: 2.43mg (16.23%), Folate: 62.05µg (15.51%), Vitamin B1: 0.22mg (14.86%), Manganese: 0.29mg (14.3%), Vitamin B2: 0.19mg (11.19%), Vitamin B5: 1.08mg (10.84%), Iron: 1.83mg (10.17%), Fiber: 2.43g (9.7%), Copper: 0.16mg (7.98%), Calcium: 53.86mg (5.39%), Vitamin D: 0.59µg (3.93%), Vitamin E: 0.48mg (3.22%)