

Scallop Chowder

READY IN



45 min.

SERVINGS



4

CALORIES



390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 ounce bacon sliced chopped (2 slices)
- ☐ 1 medium carrots cut into 1/3-inch dice (1/2 cup)
- ☐ 1 large rib celery cut into 1/3-inch dice (1/2 cup)
- ☐ 28 ounces bottled clam juice
- ☐ 2 tablespoons cooking wine dry white
- ☐ 1.5 cups leeks white green finely chopped (and pale parts only)
- ☐ 4 servings accompaniment: herbed oyster crackers
- ☐ 0.8 pound baking potatoes (baking)
- ☐ 0.3 teaspoon salt to taste

- ☐ 0.8 pound sea scallops cut into 1/3-inch dice
- ☐ 1 sprig thyme leaves fresh (6-inch)
- ☐ 1 tablespoon butter unsalted
- ☐ 0.3 teaspoon pepper white
- ☐ 0.5 cup milk whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ blender
- ☐ colander

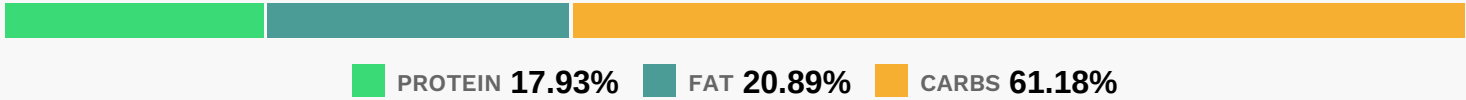
Directions

- ☐ Wash leeks well in a bowl of cold water, then lift out and drain well. Cook half of leeks in butter in a 3-quart heavy saucepan over low heat, covered, stirring occasionally, until very soft, about 10 minutes.
- ☐ While leeks are cooking, peel potato and cut into 1/3-inch dice.
- ☐ Add wine, thyme sprig, and white pepper to leeks and boil until most of liquid is evaporated, about 1 minute.
- ☐ Add 1/3 cup potato (reserve remaining diced potato in a bowl of cold water), 1/2 cup scallops, and clam juice, then simmer, uncovered, until potato is tender, about 15 minutes.
- ☐ Drain remaining potatoes in a colander and cook with carrot, celery, and remaining leeks in a 1-quart saucepan of until just tender, about 5 minutes, then drain.
- ☐ Cook bacon in a skillet over moderate heat, stirring occasionally, until crisp, about 3 minutes, and transfer to paper towels to drain.
- ☐ Remove and discard thyme sprig and purée soup in 2 batches in a blender until very smooth (use caution when blending hot liquids), then transfer to a bowl. Return soup to cleaned saucepan, then add vegetable mixture, remaining scallops, milk, and salt and cook over moderate heat (do not let boil), stirring, until scallops are just cooked through, about 2

minutes.

- ☐ Serve sprinkled with bacon.
- ☐ Each serving (not including crackers) contains about 229 calories and 6 grams fat.
- ☐ Gourmet

Nutrition Facts



Properties

Glycemic Index:73.4, Glycemic Load:14.48, Inflammation Score:-10, Nutrition Score:20.086087257966%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 390.19kcal (19.51%), Fat: 8.95g (13.77%), Saturated Fat: 3.71g (23.16%), Carbohydrates: 58.97g (19.66%), Net Carbohydrates: 55.55g (20.2%), Sugar: 10.86g (12.06%), Cholesterol: 36.27mg (12.09%), Sodium: 1419.21mg (61.7%), Alcohol: 0.77g (100%), Alcohol %: 0.2% (100%), Protein: 17.29g (34.57%), Vitamin A: 3555.76IU (71.12%), Phosphorus: 428.73mg (42.87%), Vitamin B6: 0.63mg (31.54%), Manganese: 0.54mg (27.04%), Potassium: 905.54mg (25.87%), Vitamin B12: 1.48µg (24.64%), Vitamin C: 20.11mg (24.37%), Selenium: 15.97µg (22.81%), Vitamin K: 23.48µg (22.36%), Folate: 86.14µg (21.54%), Vitamin B1: 0.29mg (19.34%), Vitamin B3: 3.52mg (17.59%), Magnesium: 68.69mg (17.17%), Iron: 3.05mg (16.93%), Fiber: 3.42g (13.68%), Vitamin B2: 0.21mg (12.25%), Copper: 0.24mg (11.97%), Zinc: 1.59mg (10.58%), Calcium: 100.53mg (10.05%), Vitamin B5: 0.93mg (9.25%), Vitamin E: 0.93mg (6.23%), Vitamin D: 0.42µg (2.78%)