

Scallop Chowder

READY IN



45 min.

SERVINGS



8

CALORIES



261 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black divided freshly ground
- ☐ 2 teaspoons butter
- ☐ 0.3 cup celery chopped
- ☐ 2.5 cups bottled clam juice
- ☐ 1 ounce flour all-purpose
- ☐ 0.3 cup chives fresh chopped
- ☐ 1.5 teaspoons thyme leaves fresh chopped
- ☐ 1 teaspoon garlic minced
- ☐ 1.5 cups half-and-half

- ☐ 1.3 teaspoons kosher salt divided
- ☐ 2.5 cups milk 2% reduced-fat
- ☐ 1.5 cups onion chopped (1 medium)
- ☐ 1 tablespoon pernod (licorice-flavored liqueur)
- ☐ 1.5 pounds sea scallops cut into 1-inch chunks
- ☐ 4.5 cups yukon gold red cubed peeled () (1 1/2 pounds)

Equipment

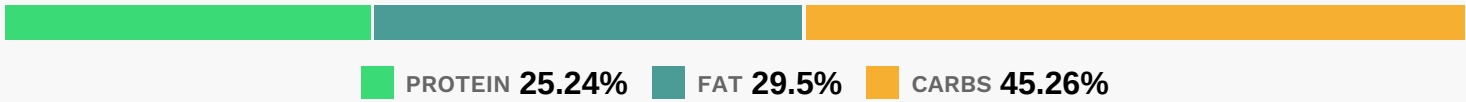
- ☐ knife
- ☐ potato masher
- ☐ measuring cup
- ☐ dutch oven

Directions

- ☐ Melt 2 teaspoons butter in a Dutch oven coated with cooking spray over medium-high heat.
- ☐ Add chopped onion and celery; saut for 5 minutes or until tender.
- ☐ Add 1 teaspoon garlic, and saut for 1 minute.
- ☐ Add potato, 1 teaspoon salt, and 3/4 teaspoon pepper; cook for 2 minutes. Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Sprinkle flour over potato mixture, and cook for 1 minute, stirring frequently.
- ☐ Add clam juice and milk; bring to a boil, stirring constantly. Cover, reduce heat, and simmer 20 minutes or until potato is tender. Partially mash potato using a potato masher. Stir in remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, Pernod, and thyme; simmer 10 minutes.
- ☐ Add scallops and half-and-half; cook 5 minutes or until scallops are done.
- ☐ Sprinkle with chives.
- ☐ Wine note: With its splash of licorice-laced Pernod, this chowder is reminiscent of bouillabaisse. And that makes the classic Provenal pairing, ros wine, ideal; the 2006 vintage is arriving now. These fruity, affordable pink wines boast bright acidity and little tannin, which allows the subtle, sweet scallops to shine. Domaine de Fonsainte Gris de Gris (\$1

from Corbires is vibrant, fresh, floral, and bone dry. --Jeffery Lindenmuth

Nutrition Facts



Properties

Glycemic Index:42, Glycemic Load:2.68, Inflammation Score:-7, Nutrition Score:12.443043371905%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.59mg, Isorhamnetin: 1.59mg, Isorhamnetin: 1.59mg, Isorhamnetin: 1.59mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg

Nutrients (% of daily need)

Calories: 261.19kcal (13.06%), Fat: 8.41g (12.94%), Saturated Fat: 4.91g (30.69%), Carbohydrates: 29.03g (9.68%), Net Carbohydrates: 27.21g (9.89%), Sugar: 9.95g (11.06%), Cholesterol: 44.88mg (14.96%), Sodium: 1046.36mg (45.49%), Alcohol: 0.71g (100%), Alcohol %: 0.25% (100%), Protein: 16.19g (32.38%), Phosphorus: 444.64mg (44.46%), Vitamin B12: 1.7µg (28.34%), Selenium: 16.14µg (23.06%), Potassium: 662.27mg (18.92%), Vitamin B2: 0.29mg (17.13%), Calcium: 165.96mg (16.6%), Vitamin C: 11.64mg (14.11%), Vitamin B6: 0.28mg (13.9%), Magnesium: 50.15mg (12.54%), Folate: 47.06µg (11.76%), Manganese: 0.22mg (11.25%), Zinc: 1.61mg (10.71%), Vitamin B1: 0.14mg (9.51%), Vitamin A: 471.16IU (9.42%), Vitamin B5: 0.83mg (8.28%), Vitamin B3: 1.65mg (8.23%), Fiber: 1.82g (7.3%), Copper: 0.13mg (6.66%), Iron: 1.13mg (6.3%), Vitamin K: 6.18µg (5.89%), Vitamin E: 0.27mg (1.82%)