



## Scallop Chowder with Pernod and Thyme

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



553 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon butter
- 8 servings garnish: chives fresh chopped
- 1 teaspoon thyme leaves fresh chopped
- 0.5 teaspoon kosher salt
- 1 large onion finely chopped
- 0.3 cup pernod
- 2 large potatoes peeled cut into 1/2-inch cubes

- 1 pound sea scallops chopped
- 1 quart whipping cream

## Equipment

- dutch oven

## Directions

- Melt butter in a Dutch oven over medium heat.
- Add onion, and saut 4 minutes or until tender.
- Add potatoes, and cook 4 minutes.
- Add scallops, and cook 2 minutes. Stir in whipping cream. Cover and reduce heat; simmer 20 minutes.
- Stir in Pernod, thyme, salt, and pepper. Cover and simmer an additional 10 minutes.
- Garnish, if desired.

## Nutrition Facts

**PROTEIN 9.09%** **FAT 73.83%** **CARBS 17.08%**

## Properties

Glycemic Index:35.34, Glycemic Load:12.21, Inflammation Score:-8, Nutrition Score:13.042173903921%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg

## Nutrients (% of daily need)

Calories: 552.84kcal (27.64%), Fat: 44.52g (68.49%), Saturated Fat: 28.22g (176.34%), Carbohydrates: 23.18g (7.73%), Net Carbohydrates: 20.75g (7.55%), Sugar: 4.99g (5.54%), Cholesterol: 151.04mg (50.35%), Sodium: 417.22mg (18.14%), Alcohol: 2.84g (100%), Alcohol %: 1.21% (100%), Protein: 12.34g (24.67%), Vitamin A: 1842.33IU (36.85%), Phosphorus: 317.67mg (31.77%), Vitamin C: 21.25mg (25.76%), Vitamin B6: 0.38mg (19%), Potassium: 650.27mg (18.58%), Vitamin B12: 0.99µg (16.53%), Selenium: 11.21µg (16.01%), Vitamin B2: 0.27mg (15.81%), Vitamin

D: 1.89µg (12.62%), Magnesium: 44.81mg (11.2%), Calcium: 99.58mg (9.96%), Fiber: 2.42g (9.7%), Manganese: 0.19mg (9.69%), Folate: 33.35µg (8.34%), Vitamin E: 1.14mg (7.63%), Vitamin K: 7.97µg (7.59%), Vitamin B1: 0.11mg (7.44%), Zinc: 1.12mg (7.43%), Vitamin B3: 1.48mg (7.41%), Vitamin B5: 0.73mg (7.27%), Copper: 0.14mg (6.92%), Iron: 1.16mg (6.46%)