



Scallop-Corn Chowder

 Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



163 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound bay scallops
- ☐ 0.5 cup celery diced
- ☐ 24 ounce bottled clam juice
- ☐ 1 cup whole-kernel corn frozen
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 garlic clove minced

- ☐ 1 tablespoon butter
- ☐ 1 cup onion chopped
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 cup bell pepper diced red
- ☐ 1.5 cups potatoes diced red
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup water

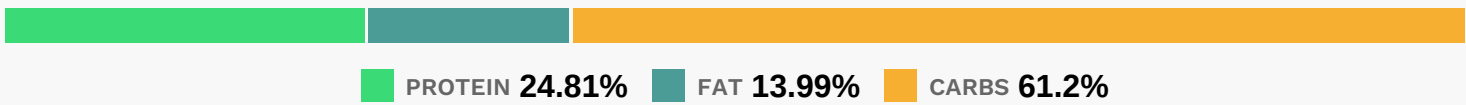
Equipment

- ☐ dutch oven

Directions

- ☐ Melt margarine in a Dutch oven over medium heat.
- ☐ Add onion, celery, bell pepper, and garlic; saut 8 minutes or until tender.
- ☐ Sprinkle onion mixture with flour; stir well. Cook 1 minute, stirring constantly.
- ☐ Add potatoes and next 6 ingredients (potatoes through water); stir well. Bring to a boil; cover, reduce heat, and simmer 20 minutes or until potatoes are tender.
- ☐ Add scallops; cover and cook 4 minutes or until scallops are done.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:37.14, Glycemic Load:3.12, Inflammation Score:-7, Nutrition Score:10.403043435967%

Flavonoids

Apigenin: 4.82mg, Apigenin: 4.82mg, Apigenin: 4.82mg, Apigenin: 4.82mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg,

Quercetin: 4.8mg

Nutrients (% of daily need)

Calories: 162.54kcal (8.13%), Fat: 2.55g (3.93%), Saturated Fat: 0.51g (3.18%), Carbohydrates: 25.13g (8.38%), Net Carbohydrates: 23.13g (8.41%), Sugar: 5.86g (6.52%), Cholesterol: 15.55mg (5.18%), Sodium: 767.91mg (33.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.19g (20.37%), Vitamin K: 38.85µg (37%), Phosphorus: 265.21mg (26.52%), Vitamin C: 20.62mg (24.99%), Vitamin B12: 0.94µg (15.75%), Selenium: 10.63µg (15.19%), Vitamin A: 667.08IU (13.34%), Folate: 51.47µg (12.87%), Potassium: 410.48mg (11.73%), Vitamin B6: 0.21mg (10.28%), Manganese: 0.19mg (9.25%), Magnesium: 32.16mg (8.04%), Fiber: 2.01g (8.02%), Vitamin B3: 1.52mg (7.58%), Vitamin B1: 0.1mg (6.71%), Zinc: 0.93mg (6.17%), Iron: 1.06mg (5.9%), Vitamin B2: 0.09mg (5.24%), Copper: 0.1mg (4.97%), Vitamin B5: 0.45mg (4.49%), Calcium: 29.01mg (2.9%), Vitamin E: 0.35mg (2.33%)