



Seafood Chowder

READY IN



130 min.

SERVINGS



6

CALORIES



958 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 teaspoons pepper black freshly ground
- 1 cup medium-diced carrots peeled (4 carrots)
- 2 carrots unpeeled chopped
- 1 cup medium-diced celery (3 stalks)
- 3 stalks celery chopped
- 1 cup medium-diced white red
- 0.3 cup flour all-purpose
- 0.5 cup corn kernels fresh
- 10 sprigs thyme leaves fresh

- 2 garlic cloves minced
- 1.5 tablespoons heavy cream
- 1 tablespoon kosher salt
- 0.5 pound lump crab meat fresh picked over
- 0.5 pound monkfish
- 2 tablespoons olive oil good
- 0.5 cup medium-diced onion yellow (1 onion)
- 2 tablespoons parsley minced
- 6 servings salt and pepper black freshly ground to taste
- 0.5 pound scallops
- 1 pound shells from shrimp
- 1 pound shrimp deveined peeled for stock per pound), and (save shells)
- 0.3 cup tomato paste
- 0.3 pound butter unsalted
- 0.5 cup white wine good
- 2 cups onions yellow chopped (2 onions)

Equipment

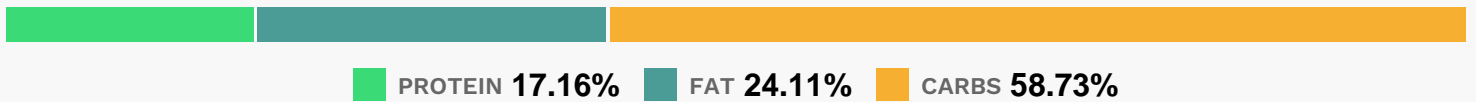
- bowl
- pot
- sieve

Directions

- Cut the shrimp, scallops, and monkfish into bite-sized pieces and place them in a bowl with the crabmeat.
- In a heavy-bottomed pot, melt the butter; add the carrots, onions, celery, potatoes, and corn and saute over medium-low heat for 15 minutes, or until the potatoes are barely cooked, stirring occasionally.
- Add the flour; reduce the heat to low and cook, stirring often, for 3 minutes.

- Add the Seafood Stock and bring to a boil.
- Add the seafood; reduce the heat and simmer, uncovered, for 7 to 10 minutes, until the fish is just cooked.
- Add the heavy cream, if desired, and the parsley.
- Add salt and pepper to taste, and serve.
- Warm the oil in a stockpot over medium heat.
- Add the shrimp shells, onions, carrots, and celery and saute for 15 minutes, or until lightly browned.
- Add the garlic and cook 2 more minutes.
- Add 1 1/2 quarts of water, the white wine, tomato paste, salt, pepper, and thyme. Bring to a boil, then reduce the heat and simmer for 1 hour. Strain through a sieve, pressing the solids. You should have approximately 1 quart of stock. You can make up the difference with water or wine if you need to.

Nutrition Facts



Properties

Glycemic Index:100.28, Glycemic Load:52.43, Inflammation Score:-10, Nutrition Score:38.857825693877%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 3.98mg, Apigenin: 3.98mg, Apigenin: 3.98mg, Apigenin: 3.98mg Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 13.87mg, Quercetin: 13.87mg, Quercetin: 13.87mg, Quercetin: 13.87mg

Nutrients (% of daily need)

Calories: 957.52kcal (47.88%), Fat: 25.21g (38.79%), Saturated Fat: 11.99g (74.92%), Carbohydrates: 138.23g (46.08%), Net Carbohydrates: 128.86g (46.86%), Sugar: 12.37g (13.75%), Cholesterol: 79.27mg (26.42%), Sodium: 1828.2mg (79.49%), Alcohol: 2.06g (100%), Alcohol %: 0.51% (100%), Protein: 40.37g (80.75%), Selenium: 131.64µg (188.06%), Vitamin A: 8120.62IU (162.41%), Manganese: 1.87mg (93.34%), Vitamin B12: 4.31µg (71.89%), Phosphorus: 664.56mg (66.46%), Copper: 0.97mg (48.68%), Vitamin K: 45.98µg (43.79%), Magnesium: 152.39mg (38.1%), Fiber:

9.37g (37.48%), Zinc: 5.48mg (36.55%), Potassium: 1264.17mg (36.12%), Vitamin B6: 0.65mg (32.69%), Vitamin B3: 5.86mg (29.28%), Folate: 108.81µg (27.2%), Vitamin C: 21.42mg (25.96%), Iron: 4.17mg (23.15%), Vitamin B1: 0.32mg (21.07%), Vitamin B2: 0.28mg (16.75%), Vitamin E: 2.35mg (15.7%), Vitamin B5: 1.44mg (14.39%), Calcium: 128.4mg (12.84%), Vitamin D: 0.34µg (2.29%)