

Seafood Chowder



Gluten Free



Popular

READY IN



60 min.

SERVINGS



8

CALORIES



281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound bay scallops
- ☐ 0.5 pound calamari tubes
- ☐ 1 cup carrots sliced
- ☐ 6.5 ounce clams chopped canned
- ☐ 26 ounce cream of mushroom soup fat free canned
- ☐ 0.5 pound crab meat
- ☐ 8 ounce cream cheese fat free
- ☐ 1 teaspoon parsley dried

- ☐ 1.5 cups milk fat free
- ☐ 2 cloves garlic minced
- ☐ 1 cup green onions chopped
- ☐ 0.5 teaspoon ground pepper
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1.5 cups potatoes chopped
- ☐ 0.5 pound shrimp
- ☐ 15.3 ounce kernel corn whole undrained canned

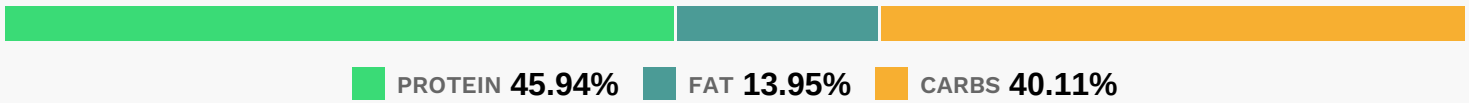
Equipment

- ☐ pot

Directions

- ☐ Place 1/2 cup milk, cream cheese, and garlic in a large pot over low heat. Cook and stir until blended.
- ☐ Mix in soup, green onions, carrots, corn with liquid, potatoes, parsley, and remaining milk. Season with black pepper and cayenne pepper. Simmer 25 minutes. Do not boil.
- ☐ Mix the shrimp, scallops, crabmeat, calamari, and clams, and continue cooking 10 minutes, or until seafood is opaque.

Nutrition Facts



Properties

Glycemic Index:39.6, Glycemic Load:6.61, Inflammation Score:-9, Nutrition Score:25.18608702784%

Flavonoids

Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 280.85kcal (14.04%), Fat: 4.31g (6.63%), Saturated Fat: 1.65g (10.33%), Carbohydrates: 27.88g (9.29%), Net Carbohydrates: 25.97g (9.44%), Sugar: 5.25g (5.84%), Cholesterol: 140.83mg (46.94%), Sodium: 1371.1mg (59.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.93g (63.86%), Vitamin B12: 4.39µg (73.22%), Vitamin A: 2987.49IU (59.75%), Copper: 1.19mg (59.66%), Phosphorus: 567.67mg (56.77%), Selenium: 30.35µg (43.35%), Zinc: 4.79mg (31.92%), Vitamin K: 29.29µg (27.89%), Potassium: 855.42mg (24.44%), Manganese: 0.49mg (24.26%), Calcium: 229.46mg (22.95%), Vitamin B2: 0.37mg (21.63%), Magnesium: 78.32mg (19.58%), Vitamin C: 15.63mg (18.95%), Folate: 69.1µg (17.28%), Vitamin B3: 3.17mg (15.84%), Vitamin B6: 0.32mg (15.79%), Iron: 2.07mg (11.48%), Vitamin B5: 1.06mg (10.6%), Vitamin B1: 0.14mg (9%), Fiber: 1.91g (7.63%), Vitamin E: 0.59mg (3.92%), Vitamin D: 0.51µg (3.37%)