

Seafood Chowder

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.8 ounce campbell's® condensed cream of celery soup fat free 98% canned Regular or
- ☐ 10.8 ounce campbell's® condensed cream of potato soup canned
- ☐ 0.3 teaspoon dill weed dried crushed
- ☐ 4 servings parsley fresh chopped
- ☐ 0.3 teaspoon garlic powder
- ☐ 10.8 ounce milk canned
- ☐ 1 large onion chopped
- ☐ 0.5 pound shrimp fresh frozen shelled thawed deveined

- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 pound fish fillet fresh white frozen firm thawed cut into 1-inch pieces*

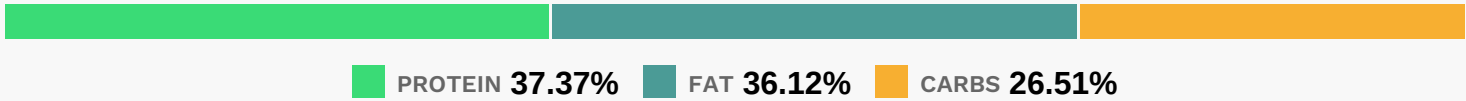
Equipment

- ☐ pot

Directions

- ☐ Heat oil in saucepot.
- ☐ Add onion and garlic powder and cook until tender.
- ☐ Add soups, milk and dill.
- ☐ Heat to a boil.
- ☐ Add shrimp and fish. Cook 5 minutes over low heat or until done.
- ☐ Garnish with parsley.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:2.17, Inflammation Score:-7, Nutrition Score:19.020869607511%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 7.62mg, Quercetin: 7.62mg, Quercetin: 7.62mg, Quercetin: 7.62mg

Nutrients (% of daily need)

Calories: 295.42kcal (14.77%), Fat: 11.99g (18.45%), Saturated Fat: 3.94g (24.62%), Carbohydrates: 19.8g (6.6%), Net Carbohydrates: 18.25g (6.64%), Sugar: 7.61g (8.45%), Cholesterol: 140.97mg (46.99%), Sodium: 983.97mg (42.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.92g (55.84%), Vitamin K: 86.97µg (82.83%), Selenium: 28.2µg (40.29%), Phosphorus: 360.03mg (36%), Copper: 0.53mg (26.27%), Manganese: 0.48mg (24.14%), Vitamin B12: 1.37µg (22.8%), Potassium: 674.13mg (19.26%), Calcium: 187.65mg (18.76%), Vitamin B5: 1.86mg (18.58%), Vitamin D: 2.6µg (17.31%), Vitamin A: 731.46IU (14.63%), Vitamin B3: 2.92mg (14.61%), Magnesium:

55.04mg (13.76%), Zinc: 1.85mg (12.31%), Vitamin B2: 0.21mg (12.19%), Vitamin E: 1.69mg (11.29%), Vitamin B6: 0.22mg (11.08%), Vitamin C: 8.28mg (10.04%), Iron: 1.65mg (9.17%), Vitamin B1: 0.13mg (8.44%), Folate: 29.95µg (7.49%), Fiber: 1.56g (6.23%)