

Seafood Chowder

READY IN



45 min.

SERVINGS



8

CALORIES



252 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 cups baking potato cubed peeled ()
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons chicken-flavored bouillon granules
- ☐ 8 ounce bottled clam juice
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 12 ounce evaporated milk fat-free canned
- ☐ 2 tablespoons flour all-purpose
- ☐ 1.5 pounds grouper fillets white firm cut into 1/2-inch pieces
- ☐ 1.5 cups milk 1% low-fat divided

- ☐ 2 cups onion finely chopped
- ☐ 6 ounces shrimp deveined peeled halved lengthwise
- ☐ 1 cup water
- ☐ 2 teaspoons worcestershire sauce

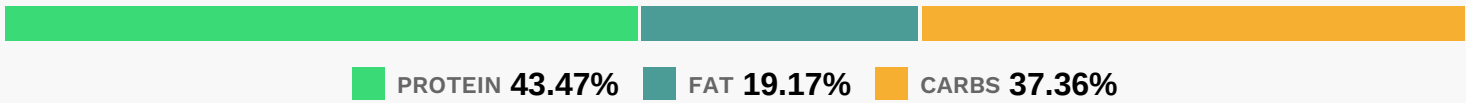
Equipment

- ☐ bowl
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Combine first 8 ingredients in a Dutch oven; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until potatoes are tender.
- ☐ Place flour in a large bowl; gradually add 1/4 cup 1% milk, stirring with a whisk until smooth. Stir in remaining 1 1/4 cups 1% milk.
- ☐ Add evaporated milk to flour mixture. Stir milk mixture into potato mixture, and increase heat to medium-high. Cook 5 minutes or until slightly thick, stirring frequently.
- ☐ Add fish; cook 4 minutes. Stir in shrimp; cook 6 minutes or until shrimp are done.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:27.34, Glycemic Load:8.53, Inflammation Score:-6, Nutrition Score:15.613478308139%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 252.44kcal (12.62%), Fat: 5.42g (8.34%), Saturated Fat: 2.77g (17.34%), Carbohydrates: 23.77g (7.92%), Net Carbohydrates: 22.27g (8.1%), Sugar: 9.63g (10.7%), Cholesterol: 91.37mg (30.46%), Sodium: 378.87mg (16.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.65g (55.29%), Selenium: 38.75µg (55.35%), Phosphorus: 366.46mg (36.65%), Vitamin B12: 1.69µg (28.2%), Potassium: 808.18mg (23.09%), Calcium: 211.58mg (21.16%), Vitamin D: 3.17µg (21.11%), Vitamin B3: 4.19mg (20.93%), Vitamin B6: 0.41mg (20.72%), Vitamin B2: 0.29mg (17.25%), Magnesium: 63.55mg (15.89%), Copper: 0.24mg (11.9%), Folate: 45.02µg (11.26%), Vitamin B5: 1.07mg (10.71%), Vitamin B1: 0.16mg (10.64%), Manganese: 0.2mg (10.15%), Vitamin C: 8.09mg (9.8%), Zinc: 1.33mg (8.89%), Iron: 1.45mg (8.07%), Fiber: 1.49g (5.97%), Vitamin A: 235.78IU (4.72%), Vitamin K: 3.69µg (3.51%), Vitamin E: 0.47mg (3.14%)