



WHATSheATE



HEALTH SCORE

55%

Seafood Chowder with Squash



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



493 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 small bell pepper red cored julienned halved seeded
- ☐ 6 servings ground aleppo pepper
- ☐ 1 bay leaves
- ☐ 1 carrots sliced
- ☐ 1 tablespoon chives finely chopped
- ☐ 0.5 teaspoon curry powder
- ☐ 1 garlic clove minced
- ☐ 1 tablespoon ginger minced peeled

- ☐ 0.5 leek white green halved lengthwise thinly sliced (and pale parts)
- ☐ 1 lemon grass with the side of a chef's knife and halved
- ☐ 1 pound mussels cleaned
- ☐ 1 tablespoon olive oil
- ☐ 6 servings olive oil extra virgin extra-virgin
- ☐ 1 cup potatoes diced
- ☐ 8 radishes halved
- ☐ 2 tablespoons onion red minced
- ☐ 6 servings salt
- ☐ 6 servings salt and pepper
- ☐ 0.5 pound sea bass fillets skinless black cut into small chunks
- ☐ 1 shallots minced
- ☐ 0.5 pound shrimp deveined peeled halved
- ☐ 8 turnip peeled quartered
- ☐ 0.8 cup coconut milk unsweetened
- ☐ 3.5 cups vegetable stock
- ☐ 0.5 small onion white minced
- ☐ 0.5 cup wine
- ☐ 1 cup winter squash diced such as kabocha
- ☐ 2 cups winter squash such as kabocha cubed peeled seeded

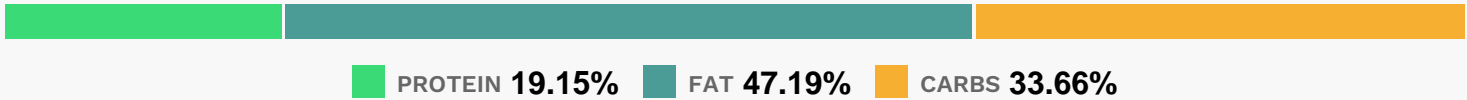
Equipment

- ☐ bowl
- ☐ pot
- ☐ sieve
- ☐ blender
- ☐ slotted spoon

Directions

- ☐ Make the chowder base. In a medium pot, heat the olive oil over medium-low heat.
- ☐ Add the onion and cook until softened, about 6 minutes.
- ☐ Add the leek, shallot, garlic, and ginger and cook, stirring occasionally, until the leek is softened, about 6 minutes.
- ☐ Add the squash, carrot, and curry powder, season with salt, and cook, stirring, for a few minutes.
- ☐ Raise the heat to medium-high, add the lemongrass, bay leaf, coconut milk, and broth, and bring to a simmer. Cook the chowder base until the squash and carrots are very tender, about 30 minutes.
- ☐ Meanwhile, make the mussels. In a medium pot, heat the olive oil over medium-low heat.
- ☐ Add the shallot and garlic and cook, stirring often, until softened, about 3 minutes. Increase the heat to high, add the wine, and bring to a boil.
- ☐ Add the mussels, cover the pot, and steam them until they just open wide, 3 to 4 minutes.
- ☐ Using a slotted spoon, transfer the mussels to a medium bowl.
- ☐ Remove the mussels from the shells; discard the shells and any mussels that haven't opened. Strain the broth into a small bowl.
- ☐ Once the squash is tender, discard the lemongrass and bay leaf. Process the chowder base in a blender until very smooth and creamy, then pass through a fine-mesh strainer into a large pot.
- ☐ Bring the chowder base to a simmer, then add the raw diced squash, potatoes, and turnips and cook until tender, about 10 minutes.
- ☐ Add the radishes, shrimp, and sea bass and simmer for about 3 minutes. Stir in the mussels and red pepper. The soup's consistency should be thinner than traditional chowder add a splash of the reserved mussel liquid, if needed. Season with a touch of salt and pepper.
- ☐ Serve the chowder in bowls, topped with a drizzle of extra-virgin olive oil, the red onion, chives, and Aleppo pepper.

Nutrition Facts



Properties

Glycemic Index:98.1, Glycemic Load:12.8, Inflammation Score:-10, Nutrition Score:38.557391539864%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 3.37mg, Pelargonidin: 3.37mg, Pelargonidin: 3.37mg, Pelargonidin: 3.37mg 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: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.49mg, Isorhamnetin: 0.49mg, Isorhamnetin: 0.49mg, Isorhamnetin: 0.49mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

Nutrients (% of daily need)

Calories: 492.63kcal (24.63%), Fat: 26.15g (40.24%), Saturated Fat: 9.11g (56.92%), Carbohydrates: 41.98g (13.99%), Net Carbohydrates: 33.4g (12.15%), Sugar: 13.7g (15.23%), Cholesterol: 101.89mg (33.96%), Sodium: 1284.02mg (55.83%), Alcohol: 2.06g (100%), Alcohol %: 0.38% (100%), Protein: 23.89g (47.78%), Vitamin A: 15789.54IU (315.79%), Manganese: 2.33mg (116.47%), Vitamin C: 89.47mg (108.44%), Vitamin B12: 6.07µg (101.18%), Selenium: 35.54µg (50.77%), Potassium: 1455.36mg (41.58%), Phosphorus: 392.67mg (39.27%), Vitamin B6: 0.73mg (36.71%), Vitamin E: 5.5mg (36.68%), Fiber: 8.58g (34.31%), Magnesium: 132.59mg (33.15%), Copper: 0.59mg (29.6%), Iron: 5.09mg (28.26%), Folate: 105.52µg (26.38%), Vitamin B1: 0.35mg (23.5%), Vitamin B3: 4.64mg (23.23%), Vitamin K: 21.04µg (20.03%), Calcium: 179.88mg (17.99%), Zinc: 2.45mg (16.36%), Vitamin B5: 1.58mg (15.77%), Vitamin B2: 0.22mg (13.23%)