



Seafood Chowder with Squash



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



437 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
- ☐ 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

Equipment

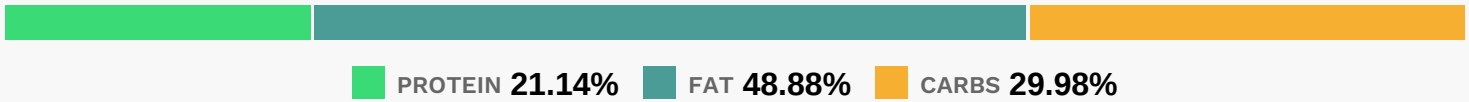
- ☐ bowl
- ☐ pot
- ☐ sieve
- ☐ blender
- ☐ slotted spoon

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:34.915652440942%

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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg 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: 436.51kcal (21.83%), Fat: 23.74g (36.53%), Saturated Fat: 8.77g (54.8%), Carbohydrates: 32.76g (10.92%), Net Carbohydrates: 25.76g (9.37%), Sugar: 11.97g (13.3%), Cholesterol: 101.89mg (33.96%), Sodium: 1280.82mg (55.69%), Alcohol: 2.06g (100%), Alcohol %: 0.43% (100%), Protein: 23.1g (46.2%), Vitamin A: 7406.44IU (148.13%), Manganese: 2.17mg (108.5%), Vitamin B12: 6.07µg (101.18%), Vitamin C: 72.9mg (88.37%), Selenium: 35.14µg (50.2%), Phosphorus: 366.65mg (36.66%), Potassium: 1177.74mg (33.65%), Vitamin B6: 0.61mg (30.64%), Fiber: 7g (28%), Vitamin E: 4.03mg (26.87%), Copper: 0.54mg (26.76%), Magnesium: 105.78mg (26.44%), Iron: 4.52mg (25.12%), Folate: 84.22µg (21.06%), Vitamin B3: 3.7mg (18.49%), Vitamin B1: 0.27mg (18.24%), Vitamin K: 18.76µg (17.87%), Zinc: 2.34mg (15.58%), Calcium: 142mg (14.2%), Vitamin B5: 1.26mg (12.61%), Vitamin B2: 0.21mg (12.3%)