

Shellfish Chowder

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



435 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 slices bacon finely chopped
- ☐ 0.1 teaspoon ground pepper
- ☐ 0.8 cup bottled clam juice
- ☐ 2 tablespoons chives fresh chopped
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.5 lb lump crab meat picked over shelled cooked cut into 1/2-inch-thick pieces, or 1/2 lb lump crabmeat,
- ☐ 2 potato boiling cut into 1/4-inch dice (1 1/2 cups) ()
- ☐ 1 teaspoon salt

- ☐ 0.5 lb scallops quartered
- ☐ 0.5 cup shallots finely chopped (2 large)
- ☐ 0.3 lb shrimp shelled deveined cut into 1/2-inch pieces
- ☐ 2.5 cups milk whole

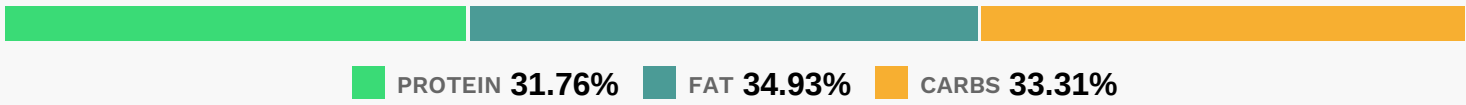
Equipment

- ☐ paper towels
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Cook bacon in a 5-quart heavy pot over moderate heat, stirring occasionally, until crisp, about 5 minutes.
- ☐ Transfer bacon with a slotted spoon to paper towels to drain.
- ☐ Pour off all but 1 tablespoon fat from pot and stir in potatoes, shallots, and clam juice. Simmer, covered, until potatoes are tender and most of liquid is evaporated, about 8 minutes. Stir in milk and cayenne and return just to a simmer.
- ☐ Add shrimp, scallops, and salt and simmer, stirring occasionally, until shellfish is just cooked through, 3 to 5 minutes. Stir in lobster and half of herbs and simmer 1 minute.
- ☐ Serve chowder topped with bacon and remaining herbs.

Nutrition Facts



Properties

Glycemic Index:44.25, Glycemic Load:3.93, Inflammation Score:-7, Nutrition Score:25.990869594657%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 434.85kcal (21.74%), Fat: 16.85g (25.92%), Saturated Fat: 6.69g (41.82%), Carbohydrates: 36.14g (12.05%), Net Carbohydrates: 33.15g (12.05%), Sugar: 12.54g (13.93%), Cholesterol: 119.51mg (39.84%), Sodium: 1734.83mg (75.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.46g (68.92%), Vitamin B12: 6.88µg (114.61%), Phosphorus: 656.58mg (65.66%), Selenium: 37.41µg (53.44%), Copper: 0.84mg (42.24%), Zinc: 5.74mg (38.25%), Potassium: 1219.63mg (34.85%), Vitamin B6: 0.61mg (30.33%), Calcium: 263.68mg (26.37%), Magnesium: 104.43mg (26.11%), Vitamin C: 18.69mg (22.65%), Vitamin B1: 0.3mg (20.3%), Vitamin B3: 3.69mg (18.46%), Vitamin B2: 0.31mg (18.38%), Folate: 68.56µg (17.14%), Manganese: 0.31mg (15.39%), Vitamin B5: 1.47mg (14.68%), Fiber: 2.99g (11.98%), Vitamin D: 1.79µg (11.92%), Iron: 2.05mg (11.37%), Vitamin A: 452.07IU (9.04%), Vitamin K: 7.65µg (7.28%), Vitamin E: 0.29mg (1.95%)