



Smoked Fish Chowder

 Gluten Free

READY IN



50 min.

SERVINGS



30

CALORIES



102 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bay leaf
- ☐ 2 ears of corn
- ☐ 2 fennel bulbs cored thinly sliced chopped
- ☐ 1 pound fish fillet smoked such as haddock, mackerel, bluefish or trout, skinned and flaked
- ☐ 1 cup heavy cream
- ☐ 2 large leeks white green cut into 1/4-inch dice (large)
- ☐ 1 quart milk
- ☐ 1 large onion thinly sliced (large)

- ☐ 30 servings pepper freshly ground
- ☐ 1.5 pounds red-skinned potatoes peeled cut into 1/2-inch dice (large)
- ☐ 30 servings salt
- ☐ 2 sprigs thyme leaves
- ☐ 3 tablespoons butter unsalted

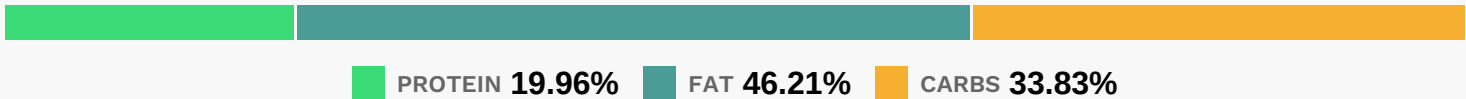
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ In a large saucepan of boiling salted water, cook the corn until just tender, about 1 minute. With a slotted spoon, transfer the corn to a bowl.
- ☐ Add the potatoes to the boiling water and cook until tender, about 6 minutes.
- ☐ Drain the potatoes and add to the bowl.
- ☐ In a large pot, melt the butter.
- ☐ Add the fennel slices, leeks, onion, thyme and bay leaf and season with salt and pepper. Cover and cook over low heat, stirring occasionally, until the vegetables are softened, about 10 minutes.
- ☐ Add the milk, cream, corn and potatoes and simmer for about 3 minutes, smashing some of the potatoes to thicken the soup. Discard the thyme sprigs and bay leaf.
- ☐ Add the fish and simmer until heated through, about 2 minutes. Season lightly with salt and pepper. Ladle the chowder into bowls, garnish with fennel fronds and serve.

Nutrition Facts



Properties

Glycemic Index:7.3, Glycemic Load:1.21, Inflammation Score:-4, Nutrition Score:5.7469565142756%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 102.27kcal (5.11%), Fat: 5.44g (8.37%), Saturated Fat: 3.27g (20.42%), Carbohydrates: 8.96g (2.99%), Net Carbohydrates: 7.74g (2.82%), Sugar: 3.48g (3.86%), Cholesterol: 23.32mg (7.77%), Sodium: 230.44mg (10.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.28g (10.57%), Vitamin K: 14.1µg (13.43%), Selenium: 7.52µg (10.74%), Phosphorus: 93.24mg (9.32%), Potassium: 304.6mg (8.7%), Vitamin B12: 0.42µg (7.07%), Vitamin A: 339.35IU (6.79%), Vitamin C: 5.47mg (6.63%), Vitamin D: 0.96µg (6.42%), Manganese: 0.13mg (6.41%), Calcium: 61.43mg (6.14%), Vitamin B6: 0.12mg (5.92%), Vitamin B3: 1.13mg (5.64%), Magnesium: 20.76mg (5.19%), Vitamin B2: 0.09mg (5.14%), Folate: 19.6µg (4.9%), Fiber: 1.22g (4.87%), Vitamin B1: 0.06mg (4.05%), Vitamin B5: 0.37mg (3.72%), Copper: 0.07mg (3.38%), Iron: 0.56mg (3.13%), Zinc: 0.35mg (2.35%), Vitamin E: 0.34mg (2.24%)