



Smoked Fish Chowder

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



653 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 8 ounce bottled clam juice
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 2 cups half and half
- ☐ 2 cups onion chopped
- ☐ 8 ounces potatoes – remove skin sliced into 1/4-inch-thick rounds
- ☐ 4.5 ounce trout smoked

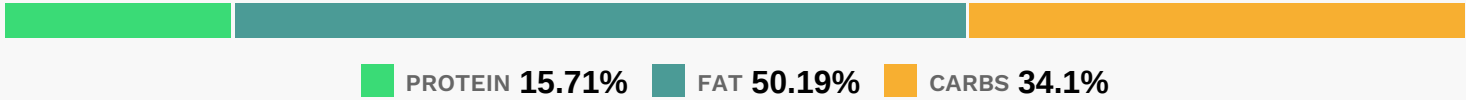
Equipment

☐ sauce pan

Directions

- ☐ Melt butter in heavy medium saucepan over medium heat.
- ☐ Add onions; sauté until soft, about 5 minutes.
- ☐ Add clam juice, potatoes, and thyme. Cover and simmer until potatoes are tender, stirring occasionally, about 10 minutes.
- ☐ Add half and half and trout. Simmer 10 minutes. Season with salt and pepper and serve.

Nutrition Facts



Properties

Glycemic Index:61, Glycemic Load:3.47, Inflammation Score:-10, Nutrition Score:25.979130454685%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 1.62mg, Luteolin: 1.62mg, Luteolin: 1.62mg, Luteolin: 1.62mg Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 33.22mg, Quercetin: 33.22mg, Quercetin: 33.22mg, Quercetin: 33.22mg

Nutrients (% of daily need)

Calories: 653.39kcal (32.67%), Fat: 37.06g (57.02%), Saturated Fat: 21.56g (134.74%), Carbohydrates: 56.66g (18.89%), Net Carbohydrates: 51.07g (18.57%), Sugar: 22g (24.44%), Cholesterol: 167.36mg (55.79%), Sodium: 677.46mg (29.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.1g (52.2%), Phosphorus: 568.09mg (56.81%), Selenium: 39.49µg (56.41%), Vitamin B12: 2.71µg (45.21%), Vitamin B6: 0.88mg (44.1%), Vitamin C: 35.04mg (42.48%), Potassium: 1471.67mg (42.05%), Vitamin B2: 0.71mg (41.9%), Calcium: 346.04mg (34.6%), Vitamin A: 1451.35IU (29.03%), Magnesium: 102.07mg (25.52%), Manganese: 0.48mg (23.86%), Fiber: 5.59g (22.37%), Vitamin B1: 0.31mg (20.53%), Vitamin B3: 3.95mg (19.73%), Vitamin B5: 1.88mg (18.8%), Folate: 72.76µg (18.19%), Copper: 0.31mg (15.63%), Zinc: 2.12mg (14.14%), Iron: 2.29mg (12.72%), Vitamin K: 7.56µg (7.2%), Vitamin E: 0.94mg (6.24%)