



Smoked Haddock Chowder

READY IN



45 min.

SERVINGS



6

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 celery stalks minced
- ☐ 6 servings round buttery crackers
- ☐ 0.5 teaspoon ground mustard dry
- ☐ 1 tablespoon chives fresh minced
- ☐ 18 ounces haddock smoked boneless
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 1 leek white minced (and pale-green parts only)
- ☐ 4 sprigs thyme leaves
- ☐ 2 tablespoons butter unsalted ()

- ☐ 1.5 pounds yukon gold potatoes peeled cut into 1/3" cubes

Equipment

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

Directions

- ☐ Place haddock fillets in a large wide pot. Cover with 5 cups cold water.
- ☐ Place pot over medium-high heat and bring to a simmer. Reduce heat to medium and simmer until fish is just cooked, about 5 minutes.
- ☐ Transfer fish to a plate; let cool. Discard skin and any scales; flake fish into large pieces. Set a strainer over a medium bowl; strain poaching liquid and reserve.
- ☐ [To substitute smoked whitefish for haddock: Discard bones and skin from 1 1/2 pounds smoked whitefish. Put fish, 2 thick-cut slices smoked bacon (about 2 ounces), and 4 cups water in a large wide pot. Bring to a simmer over medium heat; remove fish with a slotted spoon after 5 minutes. Continue simmering liquid (with bacon) until reduced to 2 cups, about 10 minutes. Strain liquid; discard solids.
- ☐ Add 3 cups water; set aside.]
- ☐ Melt butter in a large heavy pot over medium-low heat.
- ☐ Add leek and celery and cook over medium-low heat, stirring often, until soft and translucent, about 15 minutes. Stir in dry mustard, then reserved poaching liquid, potatoes, and thyme sprigs. Increase heat to medium-high and simmer until potatoes are tender, about 12 minutes.
- ☐ With a slotted spoon, remove half of the cooked potatoes and place in a small bowl. Finely mash potatoes with a fork; return to chowder to thicken.
- ☐ Remove chowder from heat and stir in reserved fish, cream, and chives.
- ☐ Serve in warmed bowls with
- ☐ Common Crackers.

Nutrition Facts



 **PROTEIN 23.38%**  **FAT 34.2%**  **CARBS 42.42%**

Properties

Glycemic Index:44.13, Glycemic Load:15.13, Inflammation Score:-8, Nutrition Score:15.90347824926%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 306.96kcal (15.35%), Fat: 11.68g (17.98%), Saturated Fat: 5.67g (35.44%), Carbohydrates: 32.61g (10.87%), Net Carbohydrates: 29.35g (10.67%), Sugar: 3.09g (3.43%), Cholesterol: 67.17mg (22.39%), Sodium: 335.86mg (14.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.97g (35.95%), Selenium: 23.95µg (34.21%), Phosphorus: 315.98mg (31.6%), Vitamin B6: 0.63mg (31.27%), Vitamin C: 25.57mg (30.99%), Vitamin B12: 1.58µg (26.34%), Vitamin B3: 4.93mg (24.65%), Potassium: 785.43mg (22.44%), Vitamin K: 19.12µg (18.21%), Manganese: 0.36mg (17.95%), Magnesium: 53.89mg (13.47%), Fiber: 3.27g (13.07%), Folate: 51.23µg (12.81%), Vitamin B1: 0.19mg (12.78%), Vitamin A: 616.9IU (12.34%), Iron: 2.21mg (12.26%), Copper: 0.19mg (9.28%), Vitamin B2: 0.16mg (9.2%), Vitamin E: 1.3mg (8.66%), Vitamin B5: 0.8mg (7.96%), Calcium: 67.89mg (6.79%), Zinc: 0.77mg (5.14%), Vitamin D: 0.65µg (4.36%)