



Smoked haddock chowder

READY IN



45 min.

SERVINGS



4

CALORIES



458 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 450 g haddock smoked
- ☐ 1 bay leaves
- ☐ 850 ml milk
- ☐ 25 g butter
- ☐ 1 onion finely chopped
- ☐ 1 tbsp flour plain
- ☐ 1 garlic clove crushed
- ☐ 1 bell pepper red seeded roughly chopped
- ☐ 125 ml sherry dry

- ☐ 1 pinch paprika
- ☐ 225 g potatoes diced peeled
- ☐ 100 g regular corn frozen canned
- ☐ 4 servings parsley fresh
- ☐ 4 servings bread hot

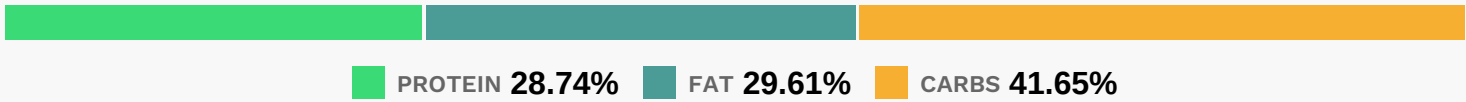
Equipment

- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Put the fish in a frying pan with the bay leaf and milk. Bring to a simmer, then cover and set aside for 10 mins. Lift out the fish with a slotted spoon, flake roughly, discarding any bones, and strain the milk.
- ☐ Melt the butter in a large frying pan and cook the onion over a low heat for 3–4 mins until softened.
- ☐ Sprinkle in the flour and stir for a minute, then tip in the garlic and red pepper and cook for a further 5 mins. Now stir in the sherry and simmer until almost all the liquid has disappeared.
- ☐ Add the paprika and potatoes, pour in the poaching milk and bring to the boil. Cover and simmer for 15 mins, add the sweetcorn and cook for 5 mins more.
- ☐ Remove from the heat and gently fold in the fish. To serve, scatter over some chopped fresh parsley and accompany with the garlic bread.

Nutrition Facts



Properties

Glycemic Index:134.73, Glycemic Load:23.02, Inflammation Score:-9, Nutrition Score:31.650869245115%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin:

0.17mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg

Nutrients (% of daily need)

Calories: 457.85kcal (22.89%), Fat: 14.46g (22.24%), Saturated Fat: 7.69g (48.06%), Carbohydrates: 45.76g (15.25%), Net Carbohydrates: 41.5g (15.09%), Sugar: 16.49g (18.32%), Cholesterol: 100.49mg (33.5%), Sodium: 505.46mg (21.98%), Alcohol: 3.27g (100%), Alcohol %: 0.76% (100%), Protein: 31.57g (63.14%), Vitamin C: 58.19mg (70.54%), Vitamin K: 71.08µg (67.7%), Selenium: 42.59µg (60.85%), Phosphorus: 592.67mg (59.27%), Vitamin B12: 3.25µg (54.21%), Vitamin B6: 0.83mg (41.59%), Vitamin A: 1925.69IU (38.51%), Vitamin B3: 7.12mg (35.62%), Calcium: 344.62mg (34.46%), Potassium: 1136.08mg (32.46%), Manganese: 0.62mg (31.14%), Vitamin B2: 0.52mg (30.79%), Vitamin B1: 0.38mg (25.26%), Magnesium: 93.13mg (23.28%), Vitamin B5: 2.04mg (20.44%), Folate: 81.06µg (20.26%), Vitamin D: 2.97µg (19.82%), Fiber: 4.26g (17.05%), Zinc: 2.1mg (14%), Iron: 2.39mg (13.26%), Vitamin E: 1.36mg (9.04%), Copper: 0.17mg (8.42%)