



Smoked haddock & leek chowder

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



745 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 600 g natural haddock smoked (undyed)
- ☐ 500 ml milk
- ☐ 1 tbsp olive oil
- ☐ 150 g streaky bacon diced chopped (bacon)
- ☐ 2 sticks celery thinly sliced
- ☐ 3 medium leeks washed and sliced
- ☐ 2 bay leaves
- ☐ 2 medium potatoes diced peeled

- ☐ 500 ml chicken stock see
- ☐ 125 g sweetcorn frozen thawed
- ☐ 142 ml carton single cream
- ☐ 2 tbsp parsley fresh roughly chopped

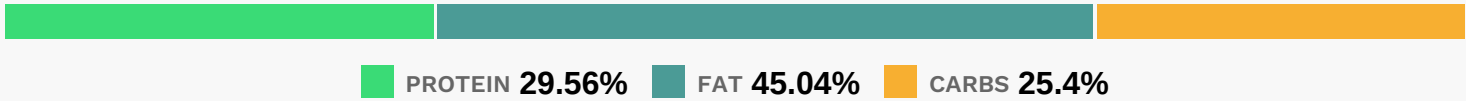
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Lay the haddock in a deep frying pan and pour over the milk. Cover and bring to the boil.
- ☐ Remove from the heat and leave undisturbed for about 5 mins, until the haddock is just cooked. Lift the haddock from the milk, remove the skin and bones and flake onto a plate. Reserve the milk for later.
- ☐ Heat the oil in a large saucepan (preferably non-stick) and gently fry the bacon until starting to brown.
- ☐ Add the celery, leeks, bay leaves and potatoes, and cook for a couple of mins.
- ☐ Pour in the stock and reserved milk. Bring to the simmer and cook for 10 mins.
- ☐ Add the flaked haddock, sweetcorn and cream. Season with pepper (it shouldn't need salt) and stir in the parsley.
- ☐ Heat through gently, then serve.

Nutrition Facts



Properties

Glycemic Index:68.31, Glycemic Load:21.88, Inflammation Score:-9, Nutrition Score:39.199130016824%

Flavonoids

Apigenin: 4.67mg, Apigenin: 4.67mg, Apigenin: 4.67mg, Apigenin: 4.67mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 2.71mg, Kaempferol: 2.71mg, Kaempferol: 2.71mg, Kaempferol: 2.71mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 0.89mg, Quercetin:

0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 745.39kcal (37.27%), Fat: 37.37g (57.5%), Saturated Fat: 15.6g (97.47%), Carbohydrates: 47.43g (15.81%), Net Carbohydrates: 42.74g (15.54%), Sugar: 13.38g (14.87%), Cholesterol: 199.33mg (66.44%), Sodium: 1672.46mg (72.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.2g (110.39%), Selenium: 78.44µg (112.06%), Phosphorus: 730.91mg (73.09%), Vitamin K: 74.41µg (70.86%), Vitamin B6: 1.4mg (69.81%), Vitamin B3: 13.28mg (66.38%), Vitamin B12: 3.36µg (55.92%), Potassium: 1757.52mg (50.21%), Vitamin A: 2159.79IU (43.2%), Vitamin C: 34.35mg (41.63%), Magnesium: 163.07mg (40.77%), Calcium: 326.66mg (32.67%), Manganese: 0.62mg (30.93%), Vitamin B1: 0.46mg (30.62%), Vitamin B2: 0.52mg (30.58%), Iron: 5.1mg (28.35%), Folate: 107.4µg (26.85%), Vitamin D: 2.98µg (19.89%), Fiber: 4.69g (18.76%), Copper: 0.37mg (18.57%), Vitamin E: 2.63mg (17.53%), Vitamin B5: 1.75mg (17.5%), Zinc: 2.62mg (17.46%)