



Smoked Salmon Chowder



Gluten Free



Popular

READY IN



35 min.

SERVINGS



4

CALORIES



565 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 slices bacon cut into 1 inch pieces
- ☐ 0.3 tsp pepper black
- ☐ 3 rib celery stalks cut into 1/2 inch cubes
- ☐ 2 tbsp dill dried fresh chopped
- ☐ 1 medium onion cut into 1/2 inch cubes
- ☐ 1 lb potato boiling peeled cut into 1 inch cubes
- ☐ 1 lb salmon dark smoked fresh trimmed cut into 1 inch pieces (or salmon of flesh)
- ☐ 1 tsp salt

- ☐ 1 lb shrimp
- ☐ 1 tbsp butter unsalted
- ☐ 1 cup water
- ☐ 2 cups milk whole

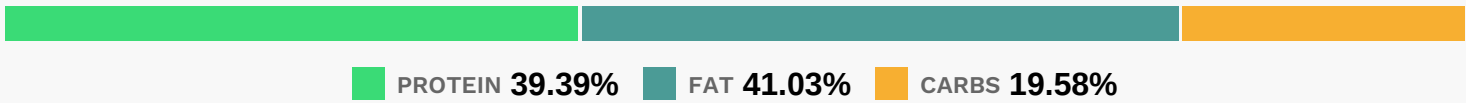
Equipment

- ☐ paper towels
- ☐ pot

Directions

- ☐ Cook bacon in a heavy pot over medium heat until crisp.
- ☐ Transfer to paper towels to drain. In the same pot add onion, celery, potatoes, salt and pepper and cook, stirring occasionally until onion is softened (appx. 5–7 minutes). Stir in water and bring to a boil, then reduce heat and simmer, covered, until potatoes are almost tender.
- ☐ Add milk and simmer, uncovered, until potatoes are tender. Stir in salmon, shrimp, dill and butter and simmer until shrimp (and salmon if uncooked) is cooked through (appx. 3–4 minutes).
- ☐ Serve sprinkled with bacon.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:2.75, Inflammation Score:-7, Nutrition Score:31.359565750412%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg

Nutrients (% of daily need)

Calories: 565.46kcal (28.27%), Fat: 25.73g (39.58%), Saturated Fat: 9.03g (56.46%), Carbohydrates: 27.62g (9.21%), Net Carbohydrates: 24.97g (9.08%), Sugar: 8.51g (9.46%), Cholesterol: 285.36mg (95.12%), Sodium: 1023.33mg (44.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.57g (111.13%), Vitamin B12: 4.41µg (73.47%), Phosphorus: 719.08mg (71.91%), Selenium: 49.99µg (71.41%), Vitamin B6: 1.33mg (66.42%), Vitamin B3: 11.53mg (57.65%), Potassium: 1704.44mg (48.7%), Copper: 0.92mg (46.12%), Vitamin B2: 0.67mg (39.43%), Vitamin B1: 0.51mg (34.13%), Magnesium: 126.18mg (31.54%), Calcium: 286.77mg (28.68%), Vitamin B5: 2.85mg (28.52%), Zinc: 3.56mg (23.7%), Iron: 3.27mg (18.17%), Manganese: 0.34mg (16.92%), Vitamin C: 12.59mg (15.26%), Folate: 54.38µg (13.6%), Fiber: 2.65g (10.6%), Vitamin D: 1.51µg (10.03%), Vitamin A: 445.1IU (8.9%), Vitamin K: 4.44µg (4.23%), Vitamin E: 0.28mg (1.88%)