



Smoked Salmon Chowder

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 large stalk celery chopped
- ☐ 2 tablespoons chives chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 0.5 teaspoon kosher salt
- ☐ 3 cups leek light white green rinsed sliced
- ☐ 2 cups milk (any fat content)

- ☐ 1 tablespoon olive oil
- ☐ 1 large baking potatoes cubed peeled
- ☐ 8 ounces salmon smoked flaked
- ☐ 2 tablespoons tomato paste
- ☐ 2 cups vegetable stock

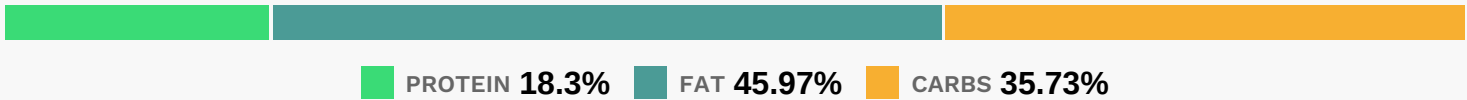
Equipment

- ☐ pot

Directions

- ☐ Heat the olive oil in a large, heavy-bottomed pot over low heat.
- ☐ Add the leeks and garlic and sauté them for 2 minutes.
- ☐ Add the potato, celery, salt, and pepper and cook over medium heat for about 1 minute, stirring constantly.
- ☐ Add the broth and simmer until the potato is tender, about 15 minutes.
- ☐ Add the tomato paste and milk, then the salmon, and bring the mixture back to a simmer for a few minutes (but don't let it boil, or the milk will separate).
- ☐ As it simmers, stir in the cream.
- ☐ Remove from heat, garnish with the chives, and serve.

Nutrition Facts



Properties

Glycemic Index:63.96, Glycemic Load:12.88, Inflammation Score:-8, Nutrition Score:17.138695613198%

Flavonoids

Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 268.06kcal (13.4%), Fat: 13.97g (21.49%), Saturated Fat: 6.8g (42.47%), Carbohydrates: 24.44g (8.15%), Net Carbohydrates: 22.37g (8.13%), Sugar: 8.09g (8.99%), Cholesterol: 40.87mg (13.62%), Sodium: 902.57mg (39.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.51g (25.02%), Vitamin D: 7.68µg (51.17%), Vitamin A: 1539.19IU (30.78%), Vitamin K: 30.49µg (29.04%), Vitamin B12: 1.7µg (28.39%), Vitamin B6: 0.5mg (25.25%), Selenium: 15.49µg (22.13%), Phosphorus: 213.64mg (21.36%), Manganese: 0.38mg (19.07%), Potassium: 632.6mg (18.07%), Calcium: 160.43mg (16.04%), Vitamin B3: 2.91mg (14.53%), Vitamin B2: 0.24mg (13.98%), Vitamin C: 11.2mg (13.58%), Magnesium: 48.81mg (12.2%), Copper: 0.24mg (11.77%), Vitamin E: 1.75mg (11.65%), Iron: 2.04mg (11.33%), Folate: 44.21µg (11.05%), Vitamin B5: 0.97mg (9.73%), Vitamin B1: 0.14mg (9.52%), Fiber: 2.07g (8.27%), Zinc: 0.79mg (5.28%)