



Smoked-Trout Chowder

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound baking potatoes peeled cut into 1/2-inch cubes (2)
- 1 bay leaf
- 1 tablespoon butter
- 2 ribs celery chopped
- 1 quart chicken broth low-sodium homemade canned
- 1 teaspoon thyme leaves dried
- 0.3 cup cooking wine dry white
- 2 cloves garlic minced

- 1 cup half-and-half
- 1.3 teaspoons salt
- 6 scallions white green chopped
- 2 fillet peppered trout smoked skinless flaked
- 2 cups water

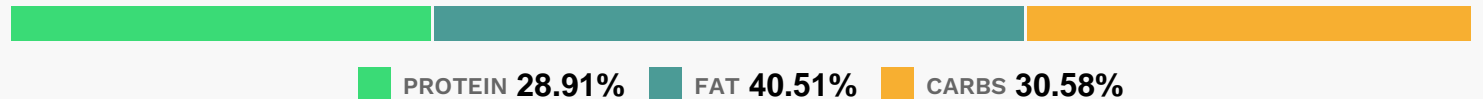
Equipment

- pot

Directions

- In a large pot, melt the butter over moderately low heat.
- Add the celery, the chopped scallion bulbs, and the garlic and cook, stirring occasionally, until the vegetables start to soften, about 10 minutes.
- Add the potatoes, wine, water, broth, thyme, bay leaf, and salt to the pot. Bring to a boil. Reduce the heat and simmer, partially covered, until the potatoes are tender, about 15 minutes.
- Stir the half-and-half into the soup. Simmer until the soup starts to thicken, 2 to 3 minutes.
- Remove the pot from the heat and stir in the trout and the scallion tops.
- Remove the bay leaf from the soup.
- Wine Recommendation: California chardonnays can be overpowering, but this chowder provides a perfect showcase. Try a fruity chardonnay from Napa or the Sonoma Valley.
- Notes: If peppered smoked trout isn't available, use regular smoked trout and one teaspoon fresh-ground black pepper instead.

Nutrition Facts



Properties

Glycemic Index:60.94, Glycemic Load:16.68, Inflammation Score:-7, Nutrition Score:26.581304394681%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 381.45kcal (19.07%), Fat: 17.02g (26.19%), Saturated Fat: 7.5g (46.9%), Carbohydrates: 28.91g (9.64%), Net Carbohydrates: 26.52g (9.64%), Sugar: 4.36g (4.85%), Cholesterol: 78mg (26%), Sodium: 932.91mg (40.56%), Alcohol: 1.54g (100%), Alcohol %: 0.29% (100%), Protein: 27.33g (54.67%), Vitamin B12: 6.98µg (116.32%), Manganese: 1.02mg (50.88%), Vitamin K: 50.65µg (48.24%), Vitamin B3: 8.51mg (42.53%), Phosphorus: 416.9mg (41.69%), Potassium: 1184.55mg (33.84%), Vitamin B6: 0.67mg (33.45%), Vitamin B2: 0.54mg (31.66%), Vitamin B1: 0.43mg (28.53%), Copper: 0.45mg (22.57%), Vitamin B5: 2.25mg (22.47%), Vitamin D: 3.32µg (22.1%), Selenium: 13.56µg (19.38%), Iron: 3.48mg (19.31%), Calcium: 160.29mg (16.03%), Magnesium: 62.72mg (15.68%), Vitamin C: 12.04mg (14.6%), Vitamin A: 631.66IU (12.63%), Folate: 48.49µg (12.12%), Zinc: 1.53mg (10.18%), Fiber: 2.39g (9.57%), Vitamin E: 0.59mg (3.91%)