



Smoky Salmon-Clam Chowder

READY IN



45 min.

SERVINGS



6

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 0.5 cup carrots diced
- ☐ 0.5 cup celery with leaves sliced
- ☐ 1 cup chicken broth
- ☐ 8 ounce bottled clam juice
- ☐ 7.3 ounce clams smoked drained canned
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 cups half and half

- ☐ 1.5 cups milk
- ☐ 1 small onion chopped
- ☐ 3 cups potatoes – remove skin diced red
- ☐ 0.3 teaspoon salt
- ☐ 4 ounces mozzarella cheese smoked shredded
- ☐ 1 pound salmon flaked

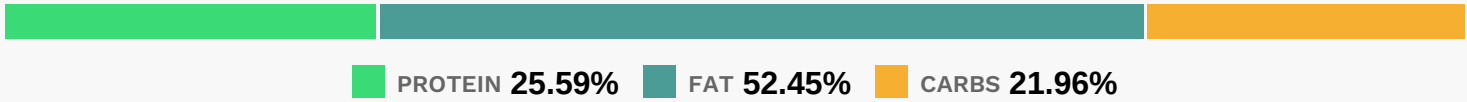
Equipment

- ☐ bowl
- ☐ ladle
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Melt butter in a Dutch oven over medium–high heat; add onion and celery, and saut until tender.
- ☐ Whisk in flour; cook 1 minute.
- ☐ Gradually whisk in clam juice, broth, and milk. Stir in potatoes and carrot. Bring to a boil; cover, reduce heat, and simmer 20 minutes or until potatoes are tender.
- ☐ Stir in salmon, clams, cheese, and half–and–half. Cook, stirring constantly, 1 to 2 minutes or until cheese melts. Stir in salt and pepper. Ladle soup into individual serving bowls.

Nutrition Facts



Properties

Glycemic Index:59.14, Glycemic Load:3.25, Inflammation Score:–9, Nutrition Score:23.098695858665%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg

Nutrients (% of daily need)

Calories: 391.62kcal (19.58%), Fat: 22.84g (35.14%), Saturated Fat: 12.44g (77.73%), Carbohydrates: 21.52g (7.17%), Net Carbohydrates: 20.01g (7.28%), Sugar: 9.49g (10.54%), Cholesterol: 80.24mg (26.75%), Sodium: 1216.91mg (52.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.08g (50.15%), Vitamin D: 13.67µg (91.16%), Vitamin B12: 3.99µg (66.52%), Vitamin A: 2590.28IU (51.81%), Selenium: 34.53µg (49.33%), Phosphorus: 381.09mg (38.11%), Calcium: 286.96mg (28.7%), Vitamin B2: 0.44mg (25.89%), Vitamin B3: 4.66mg (23.29%), Vitamin B6: 0.42mg (20.92%), Potassium: 636.32mg (18.18%), Vitamin B5: 1.37mg (13.74%), Copper: 0.27mg (13.54%), Magnesium: 48.45mg (12.11%), Zinc: 1.64mg (10.92%), Vitamin B1: 0.16mg (10.86%), Vitamin E: 1.59mg (10.61%), Vitamin C: 7.59mg (9.21%), Manganese: 0.18mg (8.8%), Iron: 1.41mg (7.82%), Vitamin K: 7.23µg (6.89%), Folate: 27.29µg (6.82%), Fiber: 1.51g (6.04%)