



So-Quick Seafood Chowder

 Gluten Free

READY IN



28 min.

SERVINGS



30

CALORIES



58 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup bacon bits
- ☐ 10 ounce condensed cream of potato soup undiluted canned
- ☐ 30 servings garnish: dill sprig fresh
- ☐ 12 ounce evaporated milk canned
- ☐ 2 teaspoons dill or dried fresh chopped
- ☐ 24 ounce hash browns frozen with onions and peppers
- ☐ 12 ounces orange roughy fillets fresh thawed
- ☐ 0.3 teaspoon pepper

- ☐ 2 ounce pimientos diced drained
- ☐ 0.3 teaspoon salt
- ☐ 1 cup water

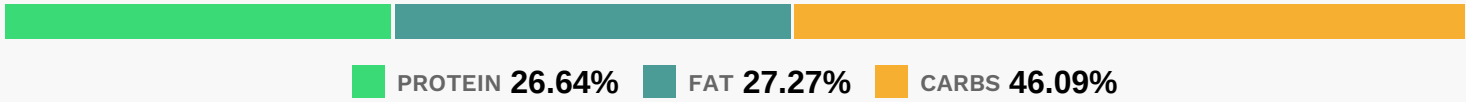
Equipment

- ☐ sauce pan

Directions

- ☐ Cut fish fillets into 1-inch pieces.
- ☐ Bring hash browns and 1 cup water to a boil in a large saucepan; reduce heat, cover, and simmer 5 minutes or until tender.
- ☐ Stir in evaporated milk and next 5 ingredients; return to a boil.
- ☐ Add fish and pimiento; cover, reduce heat, and simmer 3 to 5 minutes or until fish flakes easily.
- ☐ Serve immediately.
- ☐ NOTE: For testing purposes only, we used Ore-Ida Potatoes O'Brien and Hormel Real Bacon Bits.

Nutrition Facts



Properties

Glycemic Index:4.1, Glycemic Load:1.18, Inflammation Score:-1, Nutrition Score:2.9608695720849%

Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 58.27kcal (2.91%), Fat: 1.78g (2.73%), Saturated Fat: 0.73g (4.58%), Carbohydrates: 6.76g (2.25%), Net Carbohydrates: 6.14g (2.23%), Sugar: 1.36g (1.51%), Cholesterol: 10.56mg (3.52%), Sodium: 137.54mg (5.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.91g (7.81%), Selenium: 8.22µg (11.75%), Phosphorus: 54.44mg

(5.44%), Vitamin C: 4.2mg (5.09%), Potassium: 137.91mg (3.94%), Calcium: 38.24mg (3.82%), Manganese: 0.08mg (3.78%), Vitamin B3: 0.66mg (3.31%), Copper: 0.07mg (3.27%), Vitamin B1: 0.05mg (3.07%), Vitamin B2: 0.05mg (2.95%), Iron: 0.49mg (2.71%), Fiber: 0.62g (2.46%), Magnesium: 9.71mg (2.43%), Vitamin B5: 0.22mg (2.18%), Vitamin B6: 0.04mg (2.1%), Vitamin E: 0.31mg (2.09%), Vitamin A: 103.35IU (2.07%), Folate: 7.74µg (1.94%), Zinc: 0.25mg (1.69%), Vitamin B12: 0.09µg (1.48%)