

 100%  
HEALTH SCORE

## Southwest Seafood Chowder

 Very Healthy

READY IN



90 min.

SERVINGS



1

CALORIES



2599 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 cup milk
- ☐ 2 large ancho chili pepper seeded
- ☐ 1 can canned tomatoes crushed
- ☐ 0.3 cup canola oil
- ☐ 1 rib celery stalks finely chopped
- ☐ 12 clams scrubbed
- ☐ 1 package corn kernels frozen thawed
- ☐ 1 serving oyster crackers for serving



- ☐ 1 cup wine dry white
- ☐ 1 fennel bulb finely chopped
- ☐ 1 teaspoon fennel seeds
- ☐ 5 garlic clove smashed
- ☐ 1 pound pacific halibut filets skinless cut into 1 1/2-inch cubes
- ☐ 1 small onion red finely chopped
- ☐ 1 serving salt and pepper freshly ground
- ☐ 1 pound shrimp shelled deveined
- ☐ 1.5 teaspoons paprika smoked sweet
- ☐ 1 onion yellow coarsely chopped
- ☐ 1 pound yukon gold potatoes peeled cut into 1/2-inch pieces

## Equipment

- ☐ bowl
- ☐ pot
- ☐ blender

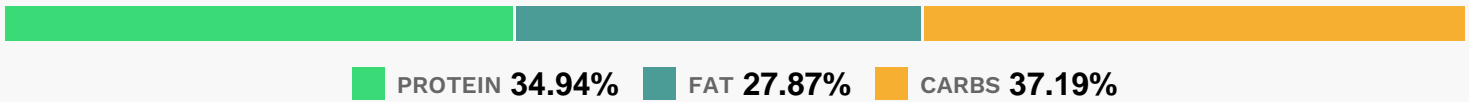
## Directions

- ☐ In a large pot, heat 2 tablespoons of the oil.
- ☐ Add the yellow onion, garlic, ancho chiles and fennel seeds and cook over moderate heat, stirring frequently, until the onion is lightly browned, about 8 minutes.
- ☐ Add the wine and cook until reduced by half, about 5 minutes.
- ☐ Add the crushed tomatoes and 4 cups of water and bring to a boil. Cook over moderate heat until the vegetables and anchos are very tender and the broth is slightly reduced, about 15 minutes. Stir in the milk.
- ☐ Working in batches, puree the soup in a blender. Strain the soup into a heatproof bowl and rinse out the pot.
- ☐ Add 1 cup of water to the pot along with the clams. Cover and cook over high heat until the clams open, about 8 minutes.



- ☐ Transfer the clams to a bowl and remove them from their shells; rinse to remove any grit. Chop the clams.
- ☐ Pour the clam cooking broth into a bowl and let the grit settle, then add the broth to the soup, stopping before you reach the grit at the bottom. Season the soup lightly with salt and pepper.
- ☐ Rinse out the pot and wipe dry.
- ☐ Add the remaining 2 tablespoons of oil to the pot and heat until shimmering.
- ☐ Add the potatoes and cook over moderately high heat, stirring occasionally, until lightly browned in spots, about 5 minutes. Stir in the red onion, celery, chopped fennel and corn.
- ☐ Add the paprika and cook over moderate heat, stirring until the celery is crisp-tender, about 7 minutes.
- ☐ Add the soup and bring to a boil.
- ☐ Add the halibut, shrimp and chopped clams to the soup and simmer until the halibut is white and the shrimp are pink, about 5 minutes. Season with salt and pepper.
- ☐ Serve the soup in shallow bowls with oyster crackers or crusty bread.

## Nutrition Facts



## Properties

Glycemic Index:389.75, Glycemic Load:78.05, Inflammation Score:-10, Nutrition Score:92.967826179836%

## Flavonoids

Malvidin: 0.14mg, Malvidin: 0.14mg, Malvidin: 0.14mg, Malvidin: 0.14mg Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg Eriodictyol: 2.53mg, Eriodictyol: 2.53mg, Eriodictyol: 2.53mg, Eriodictyol: 2.53mg Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg Naringenin: 0.91mg, Naringenin: 0.91mg, Naringenin: 0.91mg, Naringenin: 0.91mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 11.02mg, Isorhamnetin: 11.02mg, Isorhamnetin: 11.02mg, Isorhamnetin: 11.02mg Kaempferol: 5.12mg, Kaempferol: 5.12mg, Kaempferol: 5.12mg, Kaempferol: 5.12mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 48.73mg, Quercetin: 48.73mg, Quercetin: 48.73mg, Quercetin: 48.73mg

## Nutrients (% of daily need)



Calories: 2599.18kcal (129.96%), Fat: 77.64g (119.45%), Saturated Fat: 10.41g (65.06%), Carbohydrates: 233.11g (77.7%), Net Carbohydrates: 181.62g (66.04%), Sugar: 83.85g (93.16%), Cholesterol: 978.98mg (326.33%), Sodium: 2093.31mg (91.01%), Alcohol: 24.72g (100%), Alcohol %: 1.08% (100%), Protein: 218.97g (437.95%), Vitamin A: 21859.27IU (437.19%), Selenium: 233.58µg (333.68%), Phosphorus: 3091.66mg (309.17%), Vitamin B6: 5.87mg (293.36%), Vitamin K: 302.15µg (287.76%), Potassium: 9585.01mg (273.86%), Vitamin B3: 49.22mg (246.12%), Vitamin C: 199.16mg (241.4%), Fiber: 51.49g (205.94%), Manganese: 3.84mg (192.2%), Copper: 3.67mg (183.3%), Magnesium: 648.22mg (162.06%), Vitamin B12: 9.1µg (151.69%), Vitamin E: 22.65mg (151.01%), Vitamin D: 21.32µg (142.13%), Vitamin B2: 2.09mg (122.96%), Iron: 21.57mg (119.83%), Calcium: 1088.95mg (108.89%), Zinc: 13.73mg (91.52%), Folate: 359.33µg (89.83%), Vitamin B1: 1.34mg (89.4%), Vitamin B5: 6.75mg (67.51%)