



Spicy Catfish Chowder

 Gluten Free

READY IN



75 min.

SERVINGS



8

CALORIES



231 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter
- ☐ 2 carrots diced
- ☐ 24 ounce fillets catfish
- ☐ 1 tablespoon chile-garlic sauce sriracha® (such as)
- ☐ 3 tablespoons parsley dried
- ☐ 4 cloves garlic minced
- ☐ 1 tablespoon garlic powder
- ☐ 8 servings ground pepper black to taste

- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon oregano dried
- ☐ 1 teaspoon sea salt
- ☐ 3 tablespoons seafood seasoning old bay® (such as)
- ☐ 29 ounce stewed tomatoes with juice canned
- ☐ 14.5 ounce water canned
- ☐ 12 ounce kernel corn whole drained canned
- ☐ 2 onions diced yellow
- ☐ 1 zucchini diced

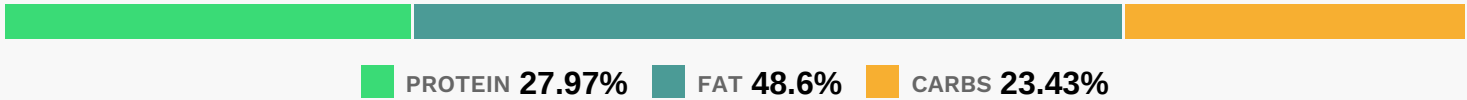
Equipment

- ☐ pot

Directions

- ☐ Heat olive oil in a large soup pot over medium heat; cook and stir onions and carrots until onions are slightly softened, about 2 minutes. Melt butter with onions and carrots; cook and stir zucchini and garlic in the melted butter until onions are translucent, about 7 more minutes.
- ☐ Stir beer, seafood seasoning, parsley, garlic powder, chile-garlic sauce, sea salt, oregano, and black pepper into the vegetable mixture and gently lay catfish fillets over top of vegetables.
- ☐ Pour tomatoes with their juice over the vegetables and catfish. Cover pot and bring to a simmer; cook until catfish are cooked through, about 10 minutes. Break the catfish fillets apart into bite-size chunks.
- ☐ Pour in a tomato can of water and stir in corn; simmer the chowder covered until vegetables are tender and flavors have blended, at least 30 more minutes.

Nutrition Facts



Properties

Glycemic Index:26.35, Glycemic Load:1.32, Inflammation Score:-10, Nutrition Score:17.060000067172%

Flavonoids

Apigenin: 33.78mg, Apigenin: 33.78mg, Apigenin: 33.78mg, Apigenin: 33.78mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 3.86mg, Isorhamnetin: 3.86mg, Isorhamnetin: 3.86mg, Isorhamnetin: 3.86mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg

Nutrients (% of daily need)

Calories: 231.2kcal (11.56%), Fat: 12.58g (19.36%), Saturated Fat: 4.94g (30.89%), Carbohydrates: 13.65g (4.55%), Net Carbohydrates: 11.8g (4.29%), Sugar: 3.03g (3.36%), Cholesterol: 64.58mg (21.53%), Sodium: 567.54mg (24.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.3g (32.59%), Vitamin D: 10.63µg (70.87%), Vitamin A: 2875.97IU (57.52%), Vitamin B12: 1.91µg (31.81%), Vitamin K: 29.8µg (28.39%), Phosphorus: 232.31mg (23.23%), Manganese: 0.38mg (19.15%), Selenium: 11.67µg (16.67%), Potassium: 561.3mg (16.04%), Vitamin B1: 0.23mg (15.49%), Vitamin B6: 0.26mg (12.87%), Vitamin C: 10.24mg (12.41%), Vitamin B3: 2.4mg (12%), Magnesium: 42.24mg (10.56%), Folate: 39.6µg (9.9%), Vitamin B5: 0.81mg (8.12%), Iron: 1.44mg (8.03%), Vitamin B2: 0.13mg (7.92%), Fiber: 1.85g (7.39%), Vitamin E: 0.95mg (6.3%), Calcium: 62.92mg (6.29%), Zinc: 0.87mg (5.8%), Copper: 0.11mg (5.62%)