

Seafood Chowder

What's Cooking II

North American Institute of Modern Cuisine

Servings: 8

1/4 cup butter
1 onion, minced
2 stalks celery, minced
1 can (10 ounce) sliced mushrooms
1 pound scallops, diced
1 pound halibut, diced
8 ounces salmon, diced
1 pound cod, diced
2 cups water
10 ounces canned lobster or crab
bisque OR canned fish soup
5 ounces canned clams, in their juice
1 pound cooked shrimp
2 cups milk

In a saucepan, melt the butter. Lightly cook the onion, celery and mushrooms. Add the fresh fish. Continue cooking for 5 minutes.

Pour in the water. Bring to a boil. Add the bisque, clams in their juice and shrimp. Bring back to a boil.

Fold in the milk. Continue cooking for 5 minutes without boiling.

Serve very hot.

Per Serving (excluding unknown items): 371 Calories; 12g Fat (29.7% calories from fat); 56g Protein; 7g Carbohydrate; 1g Dietary Fiber; 222mg Cholesterol; 418mg Sodium. Exchanges: 7 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat; 0 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	371	Vitamin B6 (mg):	.6mg
% Calories from Fat:	29.7%	Vitamin B12 (mcg):	21.4mcg
% Calories from Carbohydrates:	7.8%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	62.4%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	12g	Folacin (mcg):	36mcg
Saturated Fat (g):	5g	Niacin (mg):	9mg
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	222mg	% Refuse:	n n%

Carbohydrate (g):	7g
Dietary Fiber (g):	1g
Protein (g):	56g
Sodium (mg):	418mg
Potassium (mg):	1156mg
Calcium (mg):	174mg
Iron (mg):	8mg
Zinc (mg):	3mg
Vitamin C (mg):	11mg
Vitamin A (i.u.):	705IU
Vitamin A (r.e.):	198RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	7 1/2
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	1 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories	371	Calories from Fat: 110
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% Daily Values*

Total Fat	12g	18%
Saturated Fat	5g	27%
Cholesterol	222mg	74%
Sodium	418mg	17%
Total Carbohydrates	7g	2%
Dietary Fiber	1g	2%
Protein	56g	

Vitamin A	14%
Vitamin C	18%
Calcium	17%
Iron	44%

* Percent Daily Values are based on a 2000 calorie diet.