

# 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.

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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

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

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

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## Nutrition Facts

Servings per Recipe: 8

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### Amount Per Serving

**Calories** 371 Calories from Fat: 110

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### % Daily Values\*

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

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<b>Vitamin A</b>	14%
<b>Vitamin C</b>	18%
<b>Calcium</b>	17%
<b>Iron</b>	44%

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