

Shrimp Chowder

What's Cooking II

North American Institute of Modern Cuisine

Servings: 6

4 cups water
1 medium onion, chopped
1 small leek, chopped
2 stalks celery, diced
1 carrot, diced
1 medium potato, peeled and diced
8 ounces salmon, diced
1 pound baby shrimp
1/4 teaspoon cayenne
salt and pepper
1/4 cup heavy cream

In a large saucepan, bring the water to a boil.
Add the vegetables and cook for 10 minutes.

Add the diced salmon. Simmer for 5 minutes.
Fold in the shrimp and seasonings. Continue
cooking for 2 minutes.

Stir in the cream, mixing until well blended.

Reheat without boiling. Serve.

Per Serving (excluding unknown items): 118 Calories; 5g Fat (38.8% calories from fat); 9g Protein; 9g Carbohydrate; 2g Dietary Fiber; 33mg Cholesterol; 54mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	118
% Calories from Fat:	38.8%
% Calories from Carbohydrates:	31.5%
% Calories from Protein:	29.7%
Total Fat (g):	5g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	33mg
Carbohydrate (g):	9g
Dietary Fiber (g):	2g
Protein (g):	9g

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	1.2mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	23mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1

Sodium (mg): 54mg
Potassium (mg): 374mg
Calcium (mg): 37mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 9mg
Vitamin A (i.u.): 3628IU
Vitamin A (r.e.): 398 1/2RE

Vegetable: 1
Fruit: 0
Non-Fat Milk: 0
Fat: 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 118 Calories from Fat: 46

% Daily Values*

Total Fat	5g	8%
Saturated Fat	3g	13%
Cholesterol	33mg	11%
Sodium	54mg	2%
Total Carbohydrates	9g	3%
Dietary Fiber	2g	6%
Protein	9g	

Vitamin A	73%
Vitamin C	15%
Calcium	4%
Iron	5%

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