

Creamy Seafood Chowder

Yield: 6 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-seafood-chowder-recipe>

Ingredients:

- 1/4 cup butter
- 1 medium onion diced
- 1 teaspoon Old Bay Seasoning
- 1/4 teaspoon thyme
- 1/4 cup flour
- 1 stalk celery sliced
- 1 carrot sliced
- 1 pound potatoes peeled and cubed
- 1/2 cup corn
- 5 cups seafood broth, or chicken
- 1/2 cup white wine
- 8 ounces fish white, cut into chunks, cod/salmon/tilapia/haddock
- 8 ounces scallops
- 12 ounces shrimp peeled and deveined
- 6 1/2 ounces clams chopped, canned, drained
- 2 cups heavy cream
- 1 tablespoon parsley

Nutrition:

1. Calories: 680 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 285 milligrams
4. Fat: 47 grams
5. Fiber: 3 grams
6. Protein: 34 grams
7. SaturatedFat: 27 grams
8. Sodium: 290 milligrams
9. Sugar: 3 grams

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