

Seafood Chowder

Yield: 6 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/smoked-haddock-indian-recipe>

Ingredients:

- 4 tablespoons unsalted butter
- 3 sprigs thyme
- 1 bay leaf
- 1 yellow onion large, finely chopped
- kosher salt
- ground black pepper
- 1 pound yukon gold potatoes peeled and cut into 1/2" cubes
- 1 cup half and half at room temperature
- 1 cup heavy cream at room temperature
- 1 pound haddock cut into 1" pieces
- 6 ounces bay scallops
- 4 ounces lobster meat cooked, chopped
- 9 3/4 ounces clams whole baby, in their liquid

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 185 milligrams
4. Fat: 32 grams
5. Fiber: 3 grams
6. Protein: 34 grams
7. SaturatedFat: 19 grams
8. Sodium: 350 milligrams
9. Sugar: 1 grams

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