

# Bistro Chowder

*Victorian Village - Macon, GA  
The Great Country Inns of America Cookbook (2nd ed) (1992)*

## Servings: 8

*1/2 cup carrots, chopped  
1/2 cup potatoes, chopped  
1/2 cup celery, chopped  
4 tablespoons butter  
1 cup crabmeat  
1 cup shrimp, peeled, deveined and  
diced  
1 cup sea scallops, cut up  
6 cups milk  
1 cup heavy cream  
1/2 cup condensed chicken broth  
1 tablespoon basil  
1 teaspoon pepper  
Roux: made from 1/2 cup butter and  
1/2 cup flour*

In a heavy pot, saute' the carrots, potatoes and celery in the four tablespoons of butter until tender.

Add the crabmeat, shrimp, scallops, milk, heavy cream and chicken broth. Cook until almost to the boiling point. Add the basil and pepper plus enough Roux to thicken.

*To make the Roux, melt the butter and stir in the flour. Let cook, stirring constantly, for 5 minutes to avoid a starchy taste. Leftover Roux can be stored in the refrigerator for a few days.*

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Per Serving (excluding unknown items): 357 Calories; 24g Fat (60.3% calories from fat); 22g Protein; 14g Carbohydrate; 1g Dietary Fiber; 149mg Cholesterol; 409mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 0 Vegetable; 1 Non-Fat Milk; 4 1/2 Fat.

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Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	357	Vitamin B6 (mg):	.2mg
% Calories from Fat:	60.3%	Vitamin B12 (mcg):	3.0mcg
% Calories from Carbohydrates:	15.3%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	24.4%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	24g	Folacin (mcg):	30mcg
Saturated Fat (g):	14g	Niacin (mg):	2mg
	7g	Caffeine (mg):	0mg

**Monounsaturated Fat (g):**  
**Polyunsaturated Fat (g):** 1g  
**Cholesterol (mg):** 149mg  
**Carbohydrate (g):** 14g  
**Dietary Fiber (g):** 1g  
**Protein (g):** 22g  
**Sodium (mg):** 409mg  
**Potassium (mg):** 655mg  
**Calcium (mg):** 297mg  
**Iron (mg):** 2mg  
**Zinc (mg):** 2mg  
**Vitamin C (mg):** 7mg  
**Vitamin A (i.u.):** 3277IU  
**Vitamin A (r.e.):** 501 1/2RE

**Alcohol (kcal):** 0  
**% Daily Value\***

## Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 2  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 1  
**Fat:** 4 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

**Calories** 357      **Calories from Fat:** 215

### % Daily Values\*

<b>Total Fat</b>	24g	37%
Saturated Fat	14g	72%
<b>Cholesterol</b>	149mg	50%
<b>Sodium</b>	409mg	17%
<b>Total Carbohydrates</b>	14g	5%
Dietary Fiber	1g	3%
<b>Protein</b>	22g	
<b>Vitamin A</b>		66%
<b>Vitamin C</b>		12%
<b>Calcium</b>		30%
<b>Iron</b>		8%

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