



Cape Ann Chowder

READY IN



45 min.

SERVINGS



4

CALORIES



787 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup butter
- ☐ 16 ounce bottled clam juice
- ☐ 13 ounce clams minced canned
- ☐ 1 pinch thyme leaves dried
- ☐ 2 cups flour all-purpose
- ☐ 1 onion diced
- ☐ 0.5 pound potatoes cubed peeled
- ☐ 4 servings salt and pepper to taste
- ☐ 8 ounce silken tofu

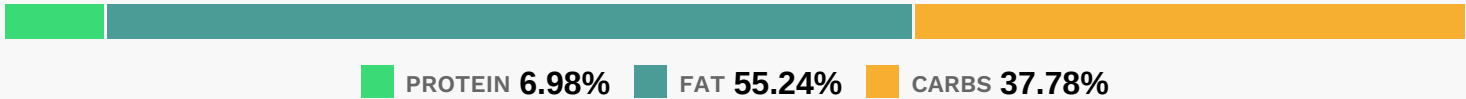
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ whisk
- ☐ blender

Directions

- ☐ In a small saucepan over medium heat, combine clams and their juice, and extra clam juice. Bring to a boil, then remove from heat and set aside.
- ☐ In a large saucepan over medium heat, melt butter. Cook onions and thyme in butter until onions are soft.
- ☐ Whisk in flour all at once to form a paste, cook 1 to 2 minutes more.
- ☐ Whisk in clam mixture. Stir in potatoes, reduce heat and simmer 15 to 20 minutes, until potatoes are tender. (At this point the soup can be cooled and stored for later use, if desired.)
- ☐ Puree tofu in a blender or food processor until smooth. Stir into soup and heat through. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:65.69, Glycemic Load:42.47, Inflammation Score:-9, Nutrition Score:18.929999952731%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.98mg, Quercetin: 5.98mg, Quercetin: 5.98mg, Quercetin: 5.98mg

Nutrients (% of daily need)

Calories: 786.69kcal (39.33%), Fat: 48.61g (74.78%), Saturated Fat: 29.52g (184.51%), Carbohydrates: 74.79g (24.93%), Net Carbohydrates: 70.86g (25.77%), Sugar: 6.31g (7.01%), Cholesterol: 126.16mg (42.05%), Sodium:

985.55mg (42.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.82g (27.65%), Vitamin B1: 0.63mg (42.29%), Selenium: 26.75µg (38.21%), Folate: 140.27µg (35.07%), Vitamin A: 1632.19IU (32.64%), Manganese: 0.6mg (30.05%), Vitamin B12: 1.69µg (28.2%), Vitamin B3: 4.83mg (24.13%), Iron: 4.33mg (24.08%), Vitamin B2: 0.4mg (23.27%), Vitamin C: 18.9mg (22.91%), Phosphorus: 196.51mg (19.65%), Potassium: 569.13mg (16.26%), Copper: 0.32mg (16.01%), Fiber: 3.93g (15.72%), Vitamin B6: 0.31mg (15.33%), Magnesium: 55.53mg (13.88%), Vitamin E: 1.59mg (10.58%), Zinc: 1.16mg (7.73%), Calcium: 69.23mg (6.92%), Vitamin B5: 0.65mg (6.52%), Vitamin K: 6.23µg (5.94%)