



## Cape Cod Clam Chowder

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



721 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 pound bacon diced
- 6 servings pepper black freshly ground
- 2 cups bottled clam juice
- 8 pounds quahog clams
- 3 cups heavy whipping cream
- 6 servings kosher salt
- 2.5 cups onion chopped
- 2 large potatoes diced

## Equipment

- frying pan
- paper towels
- oven
- roasting pan
- dutch oven

## Directions

- Place clams in roasting pans.
- Bake at 350 for 8 minutes or until slightly opened. Shuck clams; release meat from shells, discarding any that remain closed. Set clams aside. Strain broth, and reserve.
- Cook bacon in a Dutch oven until crisp; remove bacon, and drain on paper towels, reserving 2 tablespoons drippings in pan.
- Add onion, and cook 5 minutes or until translucent. Stir in clam juice.
- Add potatoes, and cook 5 minutes, stirring occasionally. Stir in reserved broth; cook over low heat 25 minutes. Stir in cream, and simmer 25 minutes or until potatoes are tender.
- Add clams; cook 5 minutes or until thoroughly heated.
- Add salt and pepper to taste.

## Nutrition Facts



**PROTEIN 12.51%** **FAT 63.76%** **CARBS 23.73%**

## Properties

Glycemic Index:28.29, Glycemic Load:17.99, Inflammation Score:-9, Nutrition Score:23.438260804052%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 14.39mg, Quercetin: 14.39mg, Quercetin: 14.39mg, Quercetin: 14.39mg

## Nutrients (% of daily need)

Calories: 720.91kcal (36.05%), Fat: 51.67g (79.49%), Saturated Fat: 30.11g (188.21%), Carbohydrates: 43.27g (14.42%), Net Carbohydrates: 39.09g (14.22%), Sugar: 9.87g (10.97%), Cholesterol: 174.16mg (58.05%), Sodium: 697.39mg (30.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.8g (45.6%), Vitamin B12: 10.56µg (176%), Selenium: 36.15µg (51.65%), Vitamin A: 2150.29IU (43.01%), Vitamin C: 33.82mg (41%), Phosphorus: 374.13mg (37.41%), Vitamin B6: 0.59mg (29.61%), Potassium: 878.92mg (25.11%), Vitamin B2: 0.34mg (20.14%), Manganese: 0.39mg (19.65%), Magnesium: 66.91mg (16.73%), Fiber: 4.18g (16.72%), Iron: 2.9mg (16.08%), Vitamin B1: 0.24mg (15.69%), Calcium: 151.83mg (15.18%), Vitamin B3: 2.71mg (13.55%), Vitamin D: 1.98µg (13.2%), Vitamin E: 1.91mg (12.71%), Copper: 0.25mg (12.61%), Folate: 47.97µg (11.99%), Vitamin B5: 1.06mg (10.56%), Zinc: 1.51mg (10.04%), Vitamin K: 6.76µg (6.44%)