



## Cape Cod Clam Chowder

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



635 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 20 ounce new england clam chowder canned
- 10 ounce cream of celery soup canned
- 10 ounce condensed cream of potato soup canned
- 4 pints half-and-half
- 3 potatoes diced peeled
- 6 servings salt and pepper to taste
- 6 servings optional: tomatoes fresh chopped

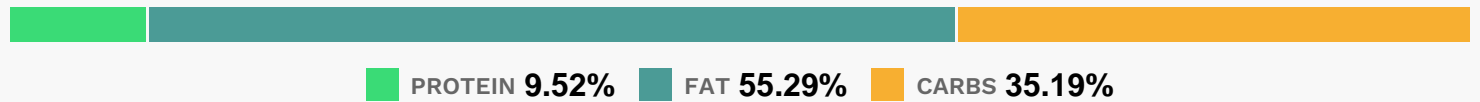
### Equipment

pot

## Directions

- Combine soups and half-and-half in a large stockpot.
- Place over medium-low heat until heated through, stirring often. Set aside over low heat.
- Boil potatoes in water for about 10 minutes; drain and add to soup mixture.
- Cook over medium heat until potatoes are tender.
- Add salt and pepper to taste.
- Garnish with tomatoes and chives, if desired.

## Nutrition Facts



## Properties

Glycemic Index:20.29, Glycemic Load:15.46, Inflammation Score:-9, Nutrition Score:25.86173915863%

## Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

## Nutrients (% of daily need)

Calories: 634.9kcal (31.75%), Fat: 39.92g (61.41%), Saturated Fat: 23.24g (145.26%), Carbohydrates: 57.16g (19.05%), Net Carbohydrates: 51.81g (18.84%), Sugar: 23.16g (25.73%), Cholesterol: 117.97mg (39.32%), Sodium: 1273.35mg (55.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.46g (30.91%), Vitamin C: 53.3mg (64.6%), Vitamin A: 2924.4IU (58.49%), Phosphorus: 445.63mg (44.56%), Vitamin B2: 0.72mg (42.57%), Potassium: 1473.31mg (42.09%), Calcium: 398.67mg (39.87%), Vitamin B6: 0.69mg (34.62%), Manganese: 0.64mg (31.91%), Vitamin K: 28.99µg (27.61%), Vitamin B5: 2.23mg (22.31%), Fiber: 5.35g (21.41%), Copper: 0.43mg (21.25%), Magnesium: 83.4mg (20.85%), Vitamin B1: 0.29mg (19.36%), Selenium: 12.54µg (17.92%), Vitamin E: 2.57mg (17.1%), Folate: 62.95µg (15.74%), Vitamin B3: 3.08mg (15.41%), Zinc: 2.21mg (14.76%), Iron: 2.03mg (11.3%), Vitamin B12: 0.67µg (11.09%)