



Cathie's Clam Chowder

READY IN



80 min.

SERVINGS



10

CALORIES



281 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 slices bacon diced
- ☐ 0.3 cup butter
- ☐ 2 stalks celery diced
- ☐ 24 ounce bottled clam juice
- ☐ 4 cups clams minced
- ☐ 2 tablespoons flour all-purpose
- ☐ 10 servings ground pepper white to taste
- ☐ 1 quart half-and-half cream
- ☐ 1 onion diced

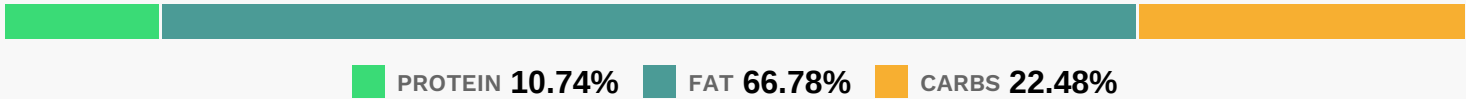
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In a medium skillet over medium heat, cook bacon, celery and onion until onion is translucent.
- ☐ Remove from heat and set aside.
- ☐ In a large saucepan, melt butter over medium heat.
- ☐ Whisk in flour to form a roux, cooking until bubbly.
- ☐ Whisk in 1 jar of clam juice, until smooth. Stir in onion mixture.
- ☐ Pour in half-and-half, stirring constantly. Stir in clams, reduce heat and simmer 30 minutes.
- ☐ Season with pepper and serve.

Nutrition Facts



Properties

Glycemic Index:21.1, Glycemic Load:1.22, Inflammation Score:-5, Nutrition Score:7.8804347657639%

Flavonoids

Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 280.98kcal (14.05%), Fat: 21.07g (32.42%), Saturated Fat: 11.37g (71.08%), Carbohydrates: 15.96g (5.32%), Net Carbohydrates: 14.81g (5.38%), Sugar: 6.74g (7.49%), Cholesterol: 58.12mg (19.37%), Sodium: 442.5mg (19.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.63g (15.25%), Vitamin B12: 1.81µg (30.25%), Phosphorus: 154.98mg (15.5%), Selenium: 10.84µg (15.48%), Vitamin B2: 0.23mg (13.37%), Vitamin A: 660.09IU (13.2%), Calcium: 125.29mg (12.53%), Manganese: 0.15mg (7.72%), Potassium: 259.16mg (7.4%), Vitamin B6: 0.15mg

(7.36%), Vitamin C: 5.74mg (6.95%), Vitamin B1: 0.1mg (6.69%), Magnesium: 21.26mg (5.32%), Vitamin B3: 0.97mg (4.86%), Zinc: 0.72mg (4.77%), Vitamin B5: 0.47mg (4.69%), Fiber: 1.15g (4.61%), Iron: 0.82mg (4.56%), Folate: 17.05µg (4.26%), Vitamin E: 0.62mg (4.11%), Vitamin K: 4.05µg (3.85%), Copper: 0.07mg (3.42%)