



Chunky Southwestern Clam Chowder

READY IN



45 min.

SERVINGS



6

CALORIES



292 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 bacon
- 4 cups baking potato cubed peeled () (2 pounds)
- 0.3 teaspoon pepper black freshly ground
- 1 cup chardonnay dry white
- 16 ounce bottled clam juice
- 10 ounce clams whole undrained canned
- 1.5 tablespoons flour all-purpose
- 1 tablespoon basil fresh chopped
- 2 cups corn kernels fresh (4 ears)

- 0.5 cup green onions chopped
- 0.8 cup half-and-half
- 1 jalapeno
- 1.5 cups onion chopped
- 0.8 pound bell peppers red

Equipment

- bowl
- frying pan
- baking sheet
- aluminum foil
- broiler
- ziploc bags
- dutch oven
- colander

Directions

- Preheat broiler.
- Cut bell peppers in half lengthwise; discard seeds and membranes.
- Place pepper halves, skin sides up, and jalapeo pepper on a foil-lined baking sheet; flatten bell peppers with hand. Broil 10 minutes or until blackened.
- Place peppers in a zip-top plastic bag; seal.
- Let stand 5 minutes. Discard seeds and membranes from jalapeo pepper. Peel and chop bell peppers and jalapeo pepper; set aside.
- Drain clams in a colander over a bowl, reserving liquid.
- Cook bacon in a Dutch oven over medium heat until crisp.
- Remove bacon from pan, reserving drippings in pan. Crumble bacon; set aside.
- Add chopped onion to pan; saut 10 minutes.

- Add flour; cook 2 minutes, stirring constantly. Stir in reserved clam liquid, potato, corn, wine, and clam juice; bring to a boil. Partially cover, reduce heat, and simmer 25 minutes or until potato is tender. Stir in roasted peppers, clams, half-and-half, green onions, basil, and black pepper. Cook 5 minutes or until thoroughly heated.
- Sprinkle with crumbled bacon.

Nutrition Facts



Properties

Glycemic Index:71.13, Glycemic Load:17.18, Inflammation Score:-9, Nutrition Score:19.796956501901%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 9.27mg, Quercetin: 9.27mg, Quercetin: 9.27mg, Quercetin: 9.27mg

Nutrients (% of daily need)

Calories: 291.86kcal (14.59%), Fat: 6.14g (9.45%), Saturated Fat: 2.87g (17.94%), Carbohydrates: 47.44g (15.81%), Net Carbohydrates: 42.64g (15.51%), Sugar: 12.16g (13.51%), Cholesterol: 15.13mg (5.04%), Sodium: 339.95mg (14.78%), Alcohol: 4.12g (100%), Alcohol %: 1.26% (100%), Protein: 8.04g (16.08%), Vitamin C: 92.97mg (112.69%), Vitamin A: 2236.05IU (44.72%), Vitamin B6: 0.71mg (35.55%), Potassium: 904.55mg (25.84%), Manganese: 0.47mg (23.57%), Vitamin K: 24.66µg (23.48%), Folate: 85.33µg (21.33%), Phosphorus: 193.96mg (19.4%), Fiber: 4.8g (19.2%), Vitamin B1: 0.26mg (17.63%), Magnesium: 67.06mg (16.77%), Vitamin B3: 3.1mg (15.52%), Vitamin B12: 0.9µg (14.99%), Vitamin B2: 0.22mg (12.71%), Iron: 2.04mg (11.34%), Vitamin B5: 1.1mg (10.99%), Copper: 0.2mg (9.95%), Vitamin E: 1.3mg (8.7%), Selenium: 5.86µg (8.38%), Calcium: 79.62mg (7.96%), Zinc: 1.08mg (7.2%)