






 11%  
HEALTH SCORE

# Cindy's Awesome Clam Chowder

 Low Fod Map

READY IN  
  
55 min.

SERVINGS  
  
6

CALORIES  
  
567 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 pound bacon cut into 1/2 inch pieces
- 2 carrots diced
- 13 ounce clams with juice chopped canned
- 1 quart half and half
- 3.6 ounce onion soup mix dry
- 5 potatoes diced unpeeled
- 6 servings salt and pepper to taste

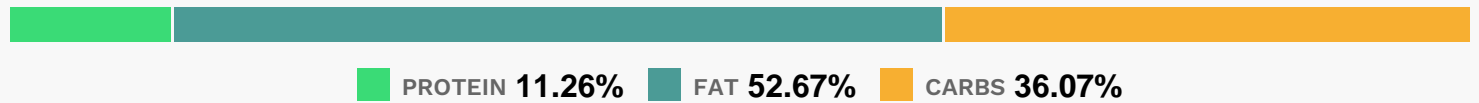
## Equipment

- pot
- slotted spoon

## Directions

- Place the bacon in a large pot and cook over medium-high heat, stirring occasionally, until crisped and browned, about 10 minutes.
- Remove the bacon with a slotted spoon, leaving the drippings in the pot. Set the bacon aside. Stir the potatoes and carrots into the bacon fat. Season with salt and pepper, and cook for 5 minutes, stirring frequently.
- Pour the juice from the clams into the pot, and add enough water to just cover the potatoes. Bring to a boil, then reduce heat to medium-low, cover, and simmer until the potatoes are just tender, 10 to 15 minutes.
- Gently stir the leek soup mix into the potatoes until no lumps of soup remain. Stir in the clams, reserved bacon, and half-and-half cream. Cook and stir until the chowder returns to a simmer and thickens, about 10 minutes more.

## Nutrition Facts



## Properties

Glycemic Index:26.26, Glycemic Load:23.43, Inflammation Score:-10, Nutrition Score:22.669130003971%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

## Nutrients (% of daily need)

Calories: 567.02kcal (28.35%), Fat: 33.5g (51.53%), Saturated Fat: 16.2g (101.24%), Carbohydrates: 51.62g (17.21%), Net Carbohydrates: 46.02g (16.74%), Sugar: 9.65g (10.73%), Cholesterol: 82.92mg (27.64%), Sodium: 1936.12mg (84.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.11g (32.22%), Vitamin A: 4002.96IU (80.06%), Vitamin C: 38.17mg (46.26%), Vitamin B6: 0.83mg (41.55%), Phosphorus: 366.7mg (36.67%), Potassium: 1222.3mg (34.92%), Vitamin B2: 0.46mg (26.79%), Vitamin B12: 1.53µg (25.5%), Selenium: 16.87µg (24.1%), Vitamin B1: 0.36mg (23.73%), Calcium: 226.7mg (22.67%), Fiber: 5.6g (22.39%), Manganese: 0.43mg (21.39%), Vitamin B3: 4.05mg (20.23%), Magnesium: 75.53mg (18.88%), Copper: 0.3mg (14.8%), Vitamin B5: 1.41mg (14.05%), Zinc: 1.86mg (12.42%), Iron: 2.04mg (11.35%), Folate: 37.46µg (9.36%), Vitamin K: 8.36µg (7.97%), Vitamin E: 0.79mg (5.29%),

Vitamin D: 0.15µg (1.01%)