



Clam and Corn Chowder

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



330 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 bacon thin
- ☐ 16 ounce bottled clam juice
- ☐ 2 pounds clams scrubbed well
- ☐ 2 cups regular corn (from 4 ears)
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 1 pound potato boiling peeled cut into 1/2-inch cubes
- ☐ 1 bunch spring onion (5 or 6)
- ☐ 2 tablespoons butter unsalted divided

- ☐ 0.5 cup water
- ☐ 1 cup milk whole

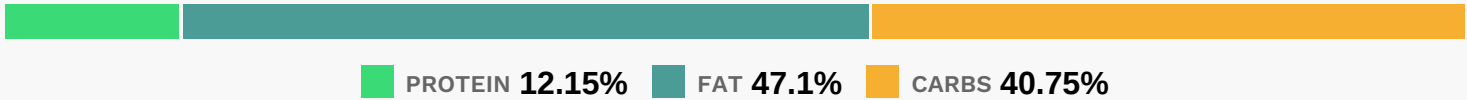
Equipment

- ☐ pot

Directions

- ☐ Cook bacon in a 4- to 5-quart heavy pot over medium heat, stirring, until slightly browned but not crisp. Chop white and pale green parts of scallions (reserve greens) and add to bacon along with 1 tablespoon butter. Cook, stirring, 2 minutes. Stir in corn, potatoes, clam juice, water, and 1/2 teaspoon pepper and bring to a rolling boil, uncovered.
- ☐ Add clams and return to a boil, then simmer, uncovered, stirring occasionally, until clams are just opened wide, 5 to 8 minutes (discard any clams that remain unopened after 8 minutes).
- ☐ Chop 1/2 cup scallion greens and add to chowder along with milk, cream, and remaining tablespoon butter. Cook, stirring, until heated through (do not let boil). Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:25.42, Glycemic Load:6.29, Inflammation Score:-6, Nutrition Score:12.960434955099%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 330.43kcal (16.52%), Fat: 17.86g (27.48%), Saturated Fat: 9.35g (58.43%), Carbohydrates: 34.78g (11.59%), Net Carbohydrates: 31.85g (11.58%), Sugar: 8.44g (9.38%), Cholesterol: 51.39mg (17.13%), Sodium: 396.26mg (17.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.36g (20.73%), Vitamin B12: 2.9µg (48.33%), Phosphorus: 209.88mg (20.99%), Potassium: 647.38mg (18.5%), Vitamin C: 13.98mg (16.94%), Vitamin A: 838.98IU (16.78%), Selenium: 11.37µg (16.25%), Vitamin B6: 0.31mg (15.59%), Vitamin B3: 2.51mg (12.54%), Vitamin B1: 0.19mg (12.52%), Manganese: 0.25mg (12.27%), Magnesium: 46.75mg (11.69%), Fiber: 2.92g (11.69%), Vitamin K: 11.81µg (11.24%), Vitamin B2: 0.18mg (10.47%), Vitamin B5: 0.99mg (9.85%), Calcium: 92.24mg (9.22%), Folate: 36.09µg

(9.02%), Copper: 0.17mg (8.74%), Iron: 1.39mg (7.72%), Zinc: 1.11mg (7.4%), Vitamin D: 0.88µg (5.86%), Vitamin E: 0.67mg (4.48%)