



food
network

Clam Chowder

READY IN



90 min.

SERVINGS



10

CALORIES



631 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds baking potatoes diced peeled
- 1 cup butter
- 10 cups bottled clam juice
- 4 pounds clams fresh diced shelled
- 1 cup flour
- 2 pints half and half
- 2 small onion diced
- 1 Dash hot sauce hot
- 10 servings salt and pepper

- 0.3 pound salt pork diced
- 1 Dash worcestershire sauce

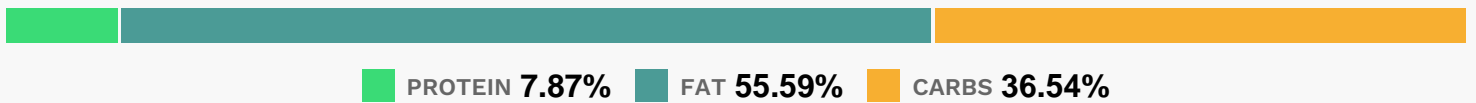
Equipment

- frying pan

Directions

- Bring the potatoes and the clam juice to the boil. Cook until the potatoes are tender, about 10 to 15 minutes.
- Add the clams and any of their liquid. Cook about 5 minutes. Set aside.
- Add the pork to a saute pan and cook over low heat until rendered.
- Add the onions and cook until transparent.
- Add the butter and allow it to melt.
- Add the flour and cook until slightly colored.
- Add a bit more flour if necessary if the mixture is too soft. Bring the clams, juice and potatoes back to the boil. Gradually stir in the cooked roux. Bring to a rolling boil to thicken. Stir continuously while cooking. Beat the half-and-half and add to the soup. It may not be necessary to use all the half-and-half; the soup should be thick. Adjust the seasoning and add a dash of hot pepper sauce and Worcestershire sauce before serving.

Nutrition Facts



Properties

Glycemic Index:26.38, Glycemic Load:20.35, Inflammation Score:-8, Nutrition Score:16.654782685249%

Flavonoids

Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 631.37kcal (31.57%), Fat: 39.36g (60.56%), Saturated Fat: 21.75g (135.95%), Carbohydrates: 58.22g (19.41%), Net Carbohydrates: 55.52g (20.19%), Sugar: 12.95g (14.39%), Cholesterol: 99.84mg (33.28%), Sodium: 1580.44mg (68.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.53g (25.07%), Vitamin B12: 3.4µg (56.63%), Vitamin B6: 0.54mg (26.97%), Vitamin A: 1337.73IU (26.75%), Selenium: 17.86µg (25.51%), Phosphorus: 248.68mg (24.87%), Vitamin C: 18.91mg (22.92%), Potassium: 773.9mg (22.11%), Vitamin B2: 0.33mg (19.59%), Vitamin B1: 0.29mg (19.11%), Manganese: 0.35mg (17.33%), Folate: 62.17µg (15.54%), Calcium: 154.05mg (15.4%), Magnesium: 52.75mg (13.19%), Vitamin B3: 2.63mg (13.16%), Iron: 2.29mg (12.75%), Fiber: 2.7g (10.8%), Copper: 0.21mg (10.72%), Vitamin B5: 0.9mg (9.03%), Vitamin E: 1.23mg (8.19%), Zinc: 1.19mg (7.96%), Vitamin K: 4.6µg (4.38%)