



Clam Chowder

READY IN



60 min.

SERVINGS



8

CALORIES



495 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 pound clam base
- 0.5 pound butter
- 2 ounces clam powder (recommended: St. Ours)
- 55 ounce clams canned
- 0.5 pound flour all-purpose
- 8 servings half-and-half
- 1 quart onion diced spanish
- 2 pounds potatoes diced
- 1 quart water

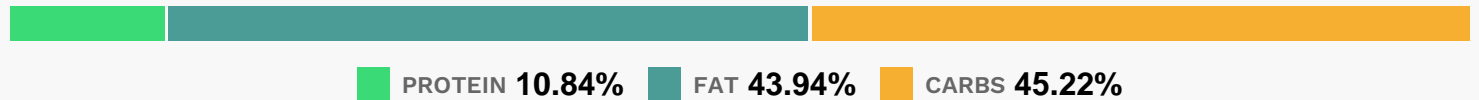
Equipment

sauce pan

Directions

- Watch how to make this recipe.
- In a heavy bottomed saucepan, melt butter.
- Saute onions until they are translucent.
- Add flour and cook for 2 minutes.
- Add water, clams, clam powder and base.
- Add potatoes and reduce to a simmer. Cook until potatoes are tender.
- Add desired amount of half-and-half.

Nutrition Facts



Properties

Glycemic Index:32.84, Glycemic Load:32.88, Inflammation Score:-8, Nutrition Score:18.766087075938%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.93mg, Isorhamnetin: 5.93mg, Isorhamnetin: 5.93mg, Isorhamnetin: 5.93mg Kaempferol: 1.68mg, Kaempferol: 1.68mg, Kaempferol: 1.68mg, Kaempferol: 1.68mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 24.81mg, Quercetin: 24.81mg, Quercetin: 24.81mg, Quercetin: 24.81mg

Nutrients (% of daily need)

Calories: 495.04kcal (24.75%), Fat: 24.47g (37.64%), Saturated Fat: 15.1g (94.39%), Carbohydrates: 56.65g (18.88%), Net Carbohydrates: 51.36g (18.67%), Sugar: 8.33g (9.25%), Cholesterol: 70.64mg (23.55%), Sodium: 3644.89mg (158.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.59g (27.17%), Vitamin B12: 3.5µg (58.29%), Vitamin C: 31.46mg (38.13%), Selenium: 23.74µg (33.92%), Manganese: 0.6mg (30.06%), Vitamin B1: 0.4mg (26.91%), Vitamin B6: 0.53mg (26.29%), Folate: 99.94µg (24.99%), Phosphorus: 227.87mg (22.79%), Potassium: 765.45mg (21.87%), Fiber: 5.3g (21.2%), Iron: 3.25mg (18.08%), Vitamin B3: 3.61mg (18.03%), Vitamin A: 815.04IU (16.3%), Vitamin B2: 0.27mg (15.67%), Magnesium: 58.99mg (14.75%), Copper: 0.25mg (12.3%), Calcium:

76.96mg (7.7%), Vitamin B5: 0.73mg (7.31%), Zinc: 0.95mg (6.36%), Vitamin E: 0.92mg (6.13%), Vitamin K: 4.77µg (4.54%)