

 food
network

Clam Chowder

READY IN



35 min.

SERVINGS



3

CALORIES



610 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 servings sourdough bread bowls for serving
- 1 tablespoon butter
- 1 can condensed cream of potato soup
- 3 tablespoons vermouth dry
- 1 cup heavy cream
- 0.5 onion minced
- 3 servings parsley leaves chopped for garnish
- 3 servings salt and pepper white
- 3 servings sugar

- 1 can jar clams in juice
- 0.5 teaspoon truffle oil

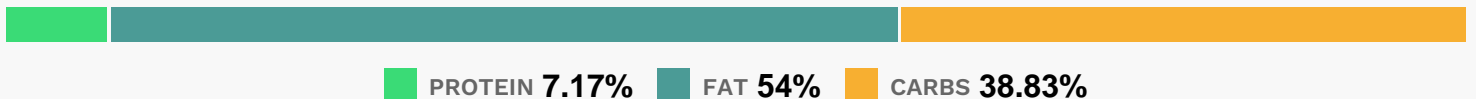
Equipment

- bowl
- sauce pan
- wooden spoon

Directions

- In a medium saucepan over medium heat, melt the butter.
- Add onions and saute until tender, about 3 to 5 minutes. Don't allow the onions to brown at all. Carefully add the vermouth and stir with a wooden spoon. Simmer until the vermouth is reduced by half, about 3 minutes. Strain clams and reserve juice.
- Add clam juice and reduce a little, and then add cream and reduce by half.
- Add salt, pepper, and sugar to taste.
- Add potato soup and bring to a simmer.
- Add clams and cook just until clams are warm. Taste for seasoning, and add truffle oil, if using.
- Serve in sourdough bowl. Top with chopped parsley.

Nutrition Facts



Properties

Glycemic Index:86.53, Glycemic Load:34.4, Inflammation Score:-8, Nutrition Score:18.013478372408%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 610.22kcal (30.51%), Fat: 36.64g (56.37%), Saturated Fat: 22.08g (137.97%), Carbohydrates: 59.27g (19.76%), Net Carbohydrates: 57.01g (20.73%), Sugar: 19.78g (21.98%), Cholesterol: 104.76mg (34.92%), Sodium: 1253.69mg (54.51%), Alcohol: 1.42g (100%), Alcohol %: 0.6% (100%), Protein: 10.95g (21.9%), Vitamin K: 70.51µg (67.15%), Vitamin B1: 0.51mg (34.06%), Vitamin A: 1689.28IU (33.79%), Manganese: 0.67mg (33.61%), Selenium: 22.83µg (32.62%), Vitamin B2: 0.46mg (27.33%), Folate: 93.63µg (23.41%), Vitamin B3: 3.65mg (18.24%), Iron: 3.27mg (18.15%), Copper: 0.32mg (16.17%), Phosphorus: 159.59mg (15.96%), Vitamin B5: 1.17mg (11.71%), Calcium: 113.01mg (11.3%), Zinc: 1.44mg (9.63%), Fiber: 2.26g (9.03%), Potassium: 311.4mg (8.9%), Vitamin C: 7.15mg (8.67%), Vitamin D: 1.27µg (8.46%), Vitamin E: 1.17mg (7.82%), Magnesium: 30.98mg (7.75%), Vitamin B6: 0.15mg (7.62%), Vitamin B12: 0.18µg (2.93%)