



Clam Chowder

READY IN



35 min.

SERVINGS



3

CALORIES



760 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 servings sourdough bread bowls for serving
- ☐ 3 servings brioche croutons
- ☐ 1 tablespoon butter
- ☐ 1 can 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

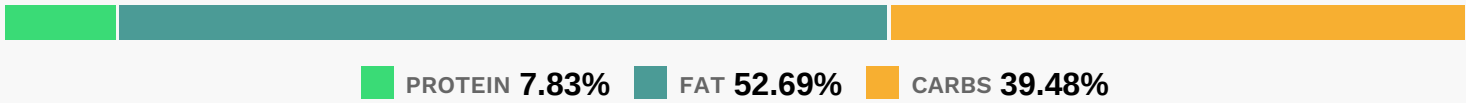
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In a medium saucepan, melt butter.
- ☐ Add onions and saute until tender.
- ☐ Add vermouth to deglaze pan, and reduce a little. 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.
For garnish, add brioche croutons or serve in sourdough bowl. Top with chopped parsley.;

Nutrition Facts



Properties

Glycemic Index:86.53, Glycemic Load:34.4, Inflammation Score:-8, Nutrition Score:18.445217433183%

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: 760.37kcal (38.02%), Fat: 44.65g (68.7%), Saturated Fat: 26.59g (166.19%), Carbohydrates: 75.26g (25.09%), Net Carbohydrates: 73g (26.55%), Sugar: 19.78g (21.98%), Cholesterol: 164.61mg (54.87%), Sodium: 1413.64mg (61.46%), Alcohol: 1.42g (100%), Alcohol %: 0.54% (100%), Protein: 14.94g (29.88%), Vitamin K: 70.51µg (67.15%), Vitamin A: 1989.23IU (39.78%), Vitamin B1: 0.51mg (34.06%), Manganese: 0.67mg (33.61%), Selenium: 22.83µg (32.62%), Vitamin B2: 0.46mg (27.33%), Folate: 93.63µg (23.41%), Iron: 3.62mg (20.09%), Vitamin B3: 3.65mg (18.24%), Copper: 0.32mg (16.17%), Phosphorus: 159.59mg (15.96%), Calcium: 132.99mg (13.3%), Vitamin B5: 1.17mg (11.71%), 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%)