



Clam Chowder

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



468 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 cups baking potatoes diced
- ☐ 6.5 1 (6.5 ounce) can clams drained canned
- ☐ 4 servings parsley fresh chopped for garnish
- ☐ 4 servings grape tomatoes halved for garnish
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 12 little neck clams
- ☐ 2 cups milk
- ☐ 3 ounces salt pork diced finely

- ☐ 4 servings cup heavy whipping cream sour for garnish
- ☐ 1.5 cups onion diced yellow

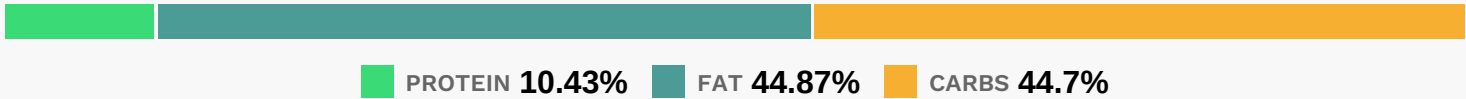
Equipment

- ☐ bowl
- ☐ pot
- ☐ blender
- ☐ steamer basket

Directions

- ☐ Watch how to make this recipe.
- ☐ In a heavy-bottomed saucepot, render the salt pork until just crisp.
- ☐ Remove and discard. Sweat the onion in the pork fat until tender.
- ☐ Add the potatoes and cover with milk. Bring to a boil and let simmer until potatoes are soft. Season with salt and pepper.
- ☐ In a separate pot, fitted with a steamer basket, bring the reserved clam juice to a boil.
- ☐ Add clams and cover. Steam for three minutes until all clams are open.
- ☐ Remove the clams as they open and transfer to a bowl.
- ☐ Add the steaming juices to the pot with the chowder. Using a stick blender puree to desired consistency. Adjust seasonings.
- ☐ Finely chop the drained canned clams. Fold into the chowder.
- ☐ Serve with steamed clams, parsley, sour cream and grape tomatoes, as garnish.

Nutrition Facts



Properties

Glycemic Index:68.44, Glycemic Load:35.52, Inflammation Score:-7, Nutrition Score:20.666956492092%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 12.2mg, Quercetin: 12.2mg, Quercetin: 12.2mg, Quercetin: 12.2mg

Nutrients (% of daily need)

Calories: 467.72kcal (23.39%), Fat: 23.71g (36.48%), Saturated Fat: 9.84g (61.47%), Carbohydrates: 53.15g (17.72%), Net Carbohydrates: 49.06g (17.84%), Sugar: 10.28g (11.42%), Cholesterol: 42.92mg (14.31%), Sodium: 835.92mg (36.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.4g (24.8%), Vitamin K: 70.53µg (67.18%), Vitamin B6: 0.95mg (47.5%), Potassium: 1266.92mg (36.2%), Vitamin B12: 1.84µg (30.72%), Phosphorus: 306.34mg (30.63%), Vitamin C: 22.83mg (27.67%), Manganese: 0.45mg (22.71%), Vitamin B1: 0.33mg (22.25%), Calcium: 216.03mg (21.6%), Magnesium: 79.04mg (19.76%), Vitamin B2: 0.3mg (17.64%), Fiber: 4.09g (16.36%), Vitamin B3: 2.97mg (14.87%), Iron: 2.57mg (14.29%), Copper: 0.28mg (14.05%), Vitamin B5: 1.32mg (13.21%), Vitamin A: 650.28IU (13.01%), Folate: 50.55µg (12.64%), Selenium: 8.17µg (11.67%), Zinc: 1.58mg (10.53%), Vitamin D: 1.38µg (9.23%), Vitamin E: 0.24mg (1.62%)