



Clam Chowder

READY IN



67 min.

SERVINGS



4

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 slice bacon chopped
- ☐ 1 bay leaves
- ☐ 1 tablespoon butter
- ☐ 0.5 cup celery chopped
- ☐ 0.5 cup chardonnay
- ☐ 2 tablespoons chives chopped
- ☐ 8 ounce bottled clam juice
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.1 teaspoon ground pepper red

- ☐ 0.8 cup half and half
- ☐ 3.5 pounds littleneck clams
- ☐ 0.8 cup milk 2% reduced-fat
- ☐ 1.5 cups onion divided chopped
- ☐ 3 cups potatoes – remove skin diced red
- ☐ 1 teaspoon thyme leaves chopped
- ☐ 0.3 cup water

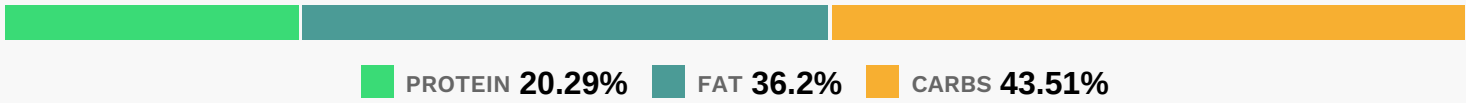
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sieve
- ☐ dutch oven
- ☐ cheesecloth

Directions

- ☐ Combine 1/2 cup onion, wine, and next 3 ingredients in a Dutch oven over medium-high heat; bring to a boil. Cover and cook 2 minutes or until clams open; discard any unopened shells. Strain through a cheesecloth-lined sieve over a bowl, reserving cooking liquid and clams.
- ☐ Remove meat from clams; chop. Discard shells.
- ☐ Wipe pan clean. Melt butter in pan.
- ☐ Add bacon; saut 3 minutes. Stir in 1 cup onion, potato, celery, and red pepper; saut 4 minutes. Stir in flour; cook 1 minute. Stir in cooking liquid and 1/3 cup water; bring to a boil. Cover and reduce heat; simmer 30 minutes, stirring occasionally. Stir in clams, half-and-half, and milk; cook 1 minute or until heated. Stir in herbs.

Nutrition Facts



Properties

Glycemic Index:87, Glycemic Load:5.11, Inflammation Score:-8, Nutrition Score:16.836521849684%

Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 3.11mg, Isorhamnetin: 3.11mg, Isorhamnetin: 3.11mg, Isorhamnetin: 3.11mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.67mg, Quercetin: 12.67mg, Quercetin: 12.67mg, Quercetin: 12.67mg

Nutrients (% of daily need)

Calories: 319.64kcal (15.98%), Fat: 12.05g (18.54%), Saturated Fat: 6.45g (40.34%), Carbohydrates: 32.58g (10.86%), Net Carbohydrates: 29.89g (10.87%), Sugar: 9.76g (10.85%), Cholesterol: 48.44mg (16.15%), Sodium: 371.29mg (16.14%), Alcohol: 3.16g (100%), Alcohol %: 1% (100%), Protein: 15.19g (30.39%), Vitamin B12: 7.1µg (118.31%), Selenium: 24.73µg (35.33%), Phosphorus: 284.43mg (28.44%), Vitamin C: 14.73mg (17.86%), Potassium: 623.63mg (17.82%), Manganese: 0.34mg (16.8%), Vitamin B2: 0.28mg (16.7%), Calcium: 162.79mg (16.28%), Vitamin B6: 0.29mg (14.74%), Vitamin A: 736.77IU (14.74%), Vitamin B1: 0.19mg (12.67%), Magnesium: 49.98mg (12.5%), Folate: 49.76µg (12.44%), Iron: 2.13mg (11.85%), Fiber: 2.69g (10.75%), Vitamin K: 9.87µg (9.4%), Vitamin B3: 1.8mg (8.99%), Copper: 0.18mg (8.91%), Zinc: 1.21mg (8.05%), Vitamin B5: 0.76mg (7.65%), Vitamin E: 0.78mg (5.17%)