

Clam Chowder Canadian Military Style

READY IN



45 min.

SERVINGS



6

CALORIES



325 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup butter
- 2 stalks celery chopped
- 13 ounce clams with juice reserved minced drained canned
- 0.5 teaspoon thyme leaves dried
- 12 fluid ounce evaporated milk canned
- 0.5 cup flour all-purpose
- 1 onion chopped
- 2 potatoes cubed peeled
- 6 servings salt and pepper to taste

Equipment

- sauce pan

Directions

- In a large saucepan over medium high heat, combine the butter, celery and onion.
- Saute for about 3 minutes, add the flour and stir well to make a dry roux.
- Add the reserved clam juice to make a paste, then slowly add enough cold water to reach the desired thickness.
- Add the potatoes, milk, thyme and salt and pepper. Reduce heat to low and allow soup to simmer for about 20 minutes, or until the potatoes are tender.
- Add the clams and allow to heat through.

Nutrition Facts



Properties

Glycemic Index:49.13, Glycemic Load:15.36, Inflammation Score:-6, Nutrition Score:11.007391250652%

Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg

Nutrients (% of daily need)

Calories: 325.41kcal (16.27%), Fat: 20.11g (30.94%), Saturated Fat: 12.51g (78.16%), Carbohydrates: 28.79g (9.6%), Net Carbohydrates: 26.39g (9.6%), Sugar: 7.49g (8.32%), Cholesterol: 60.59mg (20.2%), Sodium: 399.19mg (17.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.35g (16.71%), Vitamin C: 16.92mg (20.51%), Phosphorus: 203.24mg (20.32%), Vitamin B12: 1.17µg (19.47%), Calcium: 183.82mg (18.38%), Vitamin B2: 0.28mg (16.71%), Potassium: 560.18mg (16.01%), Vitamin A: 706.53IU (14.13%), Vitamin B6: 0.28mg (13.87%), Vitamin B1: 0.18mg (12.02%), Selenium: 8.26µg (11.8%), Manganese: 0.24mg (11.77%), Folate: 44.69µg (11.17%), Magnesium: 38.43mg (9.61%), Fiber: 2.4g (9.6%), Iron: 1.47mg (8.18%), Vitamin K: 8.49µg (8.08%), Vitamin B3: 1.59mg (7.93%), Vitamin B5: 0.72mg (7.23%), Copper: 0.12mg (5.94%), Zinc: 0.85mg (5.68%), Vitamin E: 0.66mg (4.37%)