



WHATSheATE



Clam Chowder Casserole

READY IN



55 min.

SERVINGS



4

CALORIES



590 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 19.5 ounce clams with juice chopped canned
- ☐ 21.5 ounce condensed cream of potato soup canned
- ☐ 2 eggs beaten
- ☐ 8 ounce elbow macaroni uncooked
- ☐ 1 green onions diced
- ☐ 1 teaspoon ground pepper black
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.3 cup onion diced
- ☐ 2 cups sharp cheddar cheese shredded

☐ 1 tablespoon worcestershire sauce

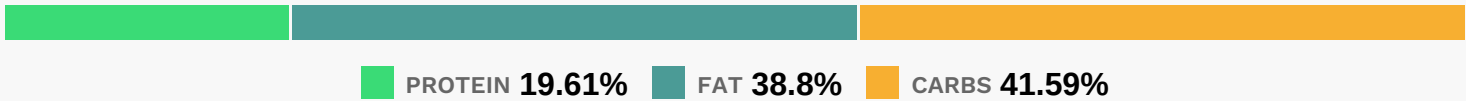
Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ casserole dish

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Place macaroni in the pot, cook for 8 to 10 minutes, until al dente, and drain.
- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ In a large bowl, mix the cooked macaroni, 1 1/2 cups Cheddar cheese, potato soup, clams with juice, eggs, green onions, onion, Worcestershire sauce, lemon juice, and pepper.
- ☐ Transfer to a large casserole dish, and top with remaining cheese.
- ☐ Bake 30 minutes in the preheated oven, until cheese is melted and bubbly.

Nutrition Facts



Properties

Glycemic Index:36.25, Glycemic Load:0.89, Inflammation Score:-6, Nutrition Score:23.28130445273%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg

Nutrients (% of daily need)

Calories: 589.83kcal (29.49%), Fat: 25.26g (38.86%), Saturated Fat: 13.22g (82.64%), Carbohydrates: 60.92g (20.31%), Net Carbohydrates: 58.12g (21.13%), Sugar: 5.31g (5.9%), Cholesterol: 152.18mg (50.73%), Sodium:

1393.89mg (60.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.72g (57.43%), Selenium: 67.93µg (97.04%), Manganese: 1.09mg (54.41%), Vitamin B12: 3.2µg (53.3%), Phosphorus: 514.37mg (51.44%), Calcium: 467.44mg (46.74%), Zinc: 4.07mg (27.12%), Copper: 0.54mg (26.79%), Vitamin B2: 0.45mg (26.35%), Vitamin B5: 1.94mg (19.35%), Vitamin A: 887.02IU (17.74%), Magnesium: 56.49mg (14.12%), Iron: 2.47mg (13.71%), Potassium: 440.75mg (12.59%), Fiber: 2.8g (11.21%), Vitamin B6: 0.22mg (11.03%), Folate: 40.99µg (10.25%), Vitamin K: 10.31µg (9.82%), Vitamin B3: 1.8mg (9.01%), Vitamin B1: 0.13mg (8.8%), Vitamin E: 0.99mg (6.62%), Vitamin D: 0.78µg (5.19%), Vitamin C: 2.34mg (2.84%)