

Clam Chowder III

READY IN



45 min.

SERVINGS



6

CALORIES



604 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup butter melted
- ☐ 1 cup celery diced
- ☐ 20 ounce clams with juice reserved minced drained canned
- ☐ 0.8 cup flour all-purpose
- ☐ 3 cloves garlic
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 quart half-and-half cream
- ☐ 1 cup onion chopped
- ☐ 4 cups potatoes diced peeled

- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon sugar white

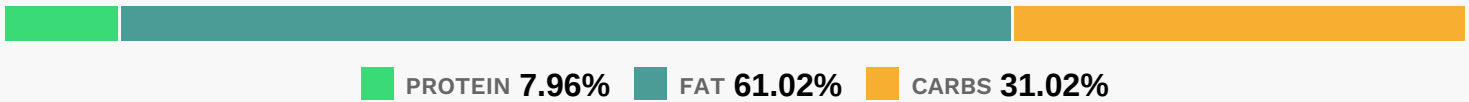
Equipment

- ☐ whisk
- ☐ pot
- ☐ blender

Directions

- ☐ In a blender, combine onion, garlic and enough water to make a smooth paste. Set aside.
- ☐ In a large pot, combine potatoes, celery, salt, pepper, onion mixture and juice from clams. Augment with enough water to cover. Bring to a boil, then reduce heat and simmer until potatoes are soft, 20 minutes.
- ☐ Stir in half-and-half and sugar.
- ☐ Combine melted butter and flour, then whisk into soup. Cook and stir until thickened. Stir in clams and adjust seasonings.

Nutrition Facts



Properties

Glycemic Index:71.14, Glycemic Load:27.69, Inflammation Score:-8, Nutrition Score:18.355217560478%

Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.49mg, Quercetin: 6.49mg, Quercetin: 6.49mg, Quercetin: 6.49mg

Nutrients (% of daily need)

Calories: 603.89kcal (30.19%), Fat: 41.63g (64.05%), Saturated Fat: 25.78g (161.14%), Carbohydrates: 47.61g (15.87%), Net Carbohydrates: 43.31g (15.75%), Sugar: 9.37g (10.41%), Cholesterol: 120.46mg (40.15%), Sodium: 697.72mg (30.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.23g (24.45%), Vitamin C: 31.96mg

(38.74%), Vitamin B12: 1.95µg (32.49%), Phosphorus: 295.72mg (29.57%), Vitamin B6: 0.56mg (28.23%), Vitamin A: 1389.93IU (27.8%), Vitamin B2: 0.46mg (27.18%), Potassium: 918.66mg (26.25%), Selenium: 15.81µg (22.59%), Calcium: 216.81mg (21.68%), Manganese: 0.43mg (21.67%), Vitamin B1: 0.3mg (20.3%), Fiber: 4.3g (17.19%), Folate: 68.49µg (17.12%), Magnesium: 59.86mg (14.96%), Vitamin B3: 2.73mg (13.64%), Iron: 2.27mg (12.59%), Vitamin K: 12.11µg (11.53%), Copper: 0.22mg (10.94%), Vitamin B5: 1.08mg (10.76%), Zinc: 1.32mg (8.77%), Vitamin E: 1.23mg (8.17%)