



Clam Chowder-Spinach Potpie

READY IN



45 min.

SERVINGS



6

CALORIES



318 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.3 pounds baking potato diced peeled
- ☐ 0.1 teaspoon pepper black
- ☐ 0.3 teaspoon celery salt
- ☐ 1 teaspoon cider vinegar
- ☐ 13 ounce clams undrained chopped canned
- ☐ 1 bacon crumbled cooked
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.3 cup cooking wine dry white
- ☐ 0.3 cup flour all-purpose

- ☐ 0.8 cup flour all-purpose
- ☐ 0.3 teaspoon hot sauce
- ☐ 3 tablespoons ice water
- ☐ 2 cups milk 1% low-fat divided
- ☐ 1 cup onion chopped
- ☐ 0.3 teaspoon salt
- ☐ 10 ounce pkt spinach frozen dry thawed drained chopped
- ☐ 1.5 teaspoons sugar
- ☐ 3 tablespoons vegetable shortening
- ☐ 0.3 teaspoon worcestershire sauce
- ☐ 3 tablespoons cornmeal yellow

Equipment

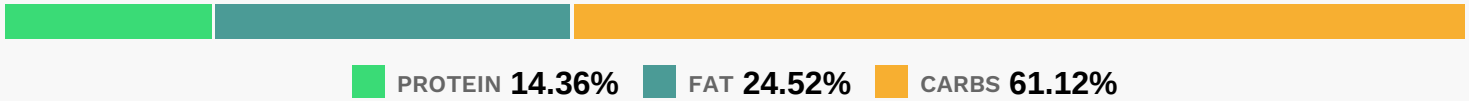
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ baking pan
- ☐ potato masher
- ☐ measuring cup
- ☐ colander

Directions

- ☐ To prepare crust, lightly spoon 3/4 cup flour into dry measuring cups; level with a knife.

- ☐ Combine flour, cornmeal, sugar, and salt in a large bowl; cut in shortening with a pastryblender or 2 knives until mixture resembles coarse meal.
- ☐ Sprinkle surface with ice water and vinegar; toss with a fork until moist and crumbly (do not form a ball). Press mixture gently into a 6 x 4-inch rectangle on heavy-duty plastic wrap; cover with additional plastic wrap. Chill 15 minutes.
- ☐ Preheat oven to 40
- ☐ To prepare the filling, drain clams in a colander over a bowl, reserving juice. Set clams aside.
- ☐ Combine the reserved clam juice, 1 1/2 cups milk, and thyme in a large saucepan; bring to a boil.
- ☐ Add potato and onion. Bring to a boil; cook 2 minutes.
- ☐ Drain potato mixture in a colander over a bowl, reserving cooking liquid. Set potato mixture aside. Return cooking liquid to pan over medium heat. Lightly spoon 1/3 cup flour into a dry measuring cup; level with a knife.
- ☐ Combine 1/2 cup milk and flour in a small bowl; stir with a whisk. Stir flour mixture into cooking liquid in pan. Stir in wine and bacon. Bring to a boil; cook 5 minutes, stirring frequently.
- ☐ Remove from heat; add potato mixture. Partially mash with a potato masher. Stir in clams, celery salt, and next 4 ingredients (celery salt through spinach). Spoon mixture into an 11 x 7-inch baking dish coated with cooking spray.
- ☐ Roll dough into a 12 x 8-inch rectangle.
- ☐ Remove 1 sheet of plastic wrap; fit dough on top of clam mixture, pressing to edge of dish.
- ☐ Remove top sheet of plastic wrap.
- ☐ Cut 5 slits in top of crust to allow steam to escape.
- ☐ Bake at 400 for 30 minutes or until golden brown and bubbly around edges.
- ☐ Let stand 10 minutes.

Nutrition Facts



Properties

Glycemic Index:85.72, Glycemic Load:29.45, Inflammation Score:-10, Nutrition Score:25.572608864826%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg

Nutrients (% of daily need)

Calories: 317.71kcal (15.89%), Fat: 8.6g (13.23%), Saturated Fat: 2.37g (14.81%), Carbohydrates: 48.25g (16.08%), Net Carbohydrates: 44.08g (16.03%), Sugar: 7.19g (7.99%), Cholesterol: 8.02mg (2.67%), Sodium: 302.33mg (13.14%), Alcohol: 1.03g (100%), Alcohol %: 0.42% (100%), Protein: 11.34g (22.68%), Vitamin K: 182.7µg (174%), Vitamin A: 5728.1IU (114.56%), Manganese: 0.74mg (36.91%), Folate: 132.21µg (33.05%), Vitamin B6: 0.54mg (26.99%), Vitamin B12: 1.54µg (25.59%), Vitamin B1: 0.38mg (25.5%), Selenium: 16.47µg (23.53%), Phosphorus: 225.2mg (22.52%), Potassium: 783.94mg (22.4%), Vitamin B2: 0.38mg (22.34%), Magnesium: 83.17mg (20.79%), Calcium: 189.33mg (18.93%), Iron: 3.28mg (18.2%), Fiber: 4.17g (16.69%), Vitamin B3: 2.98mg (14.92%), Vitamin E: 1.9mg (12.67%), Vitamin C: 10.16mg (12.31%), Copper: 0.23mg (11.56%), Zinc: 1.34mg (8.95%), Vitamin B5: 0.85mg (8.52%), Vitamin D: 0.87µg (5.8%)