



## Clam Chowder with Corn

 Dairy Free

READY IN



75 min.

SERVINGS



31

CALORIES



62 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 teaspoon pepper black freshly ground
- 1 cup celery diced
- 6 cups chicken broth
- 8 ounce bottled clam juice
- 36 small clams in shells scrubbed
- 4 ears corn cooked
- 2 tablespoons chives fresh chopped
- 2 tablespoons flat parsley fresh chopped

- 4 garlic cloves minced
- 2 tablespoons olive oil
- 0.3 cup pancetta diced
- 1 cup bell pepper red finely chopped
- 0.8 teaspoon sea salt
- 1 cup onion yellow finely chopped
- 4 yukon gold potatoes peeled cut into 1/4-inch cubes (1 pound)
- 31 servings garnish: bruschetta

## Equipment

- bowl
- frying pan
- paper towels
- dutch oven

## Directions

- Cook pancetta in a large Dutch oven over medium heat, stirring frequently, 5 minutes or until crispy.
- Remove pancetta from pan, and drain on a paper towel; set aside.
- Heat oil in same pan; add onion, and cook, stirring occasionally, 10 minutes or until tender.
- Add celery and bell pepper, and cook, stirring occasionally, 5 more minutes.
- Add garlic, and cook, stirring constantly, 1 minute.
- Add clam juice, broth, potato, and reserved corncobs to Dutch oven, and bring to a low boil; reduce heat, and simmer, uncovered, 25 minutes or until potato is tender. Mash a small amount of potato to help thicken soup to desired consistency.
- Remove corncobs, and discard.
- Add corn kernels, clams, sea salt, and pepper, and increase heat to medium-high; cook 7 minutes or just until clams open.
- Remove from heat, and stir in parsley and chives; add more sea salt and pepper, if desired. To serve, divide clams evenly among individual bowls, and spoon soup over the clams. Top with

pieces of crispy pancetta, and serve immediately.

Garnish, if desired.

## Nutrition Facts

**PROTEIN 12.51%** **FAT 32.32%** **CARBS 55.17%**

### Properties

Glycemic Index:10.99, Glycemic Load:3.05, Inflammation Score:-3, Nutrition Score:3.6900000238548%

### Flavonoids

Apigenin: 0.65mg, Apigenin: 0.65mg, Apigenin: 0.65mg, Apigenin: 0.65mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

### Nutrients (% of daily need)

Calories: 61.72kcal (3.09%), Fat: 2.31g (3.56%), Saturated Fat: 0.52g (3.27%), Carbohydrates: 8.89g (2.96%), Net Carbohydrates: 7.8g (2.84%), Sugar: 1.88g (2.09%), Cholesterol: 3.06mg (1.02%), Sodium: 280.52mg (12.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.03%), Vitamin C: 12.69mg (15.38%), Vitamin K: 6.97µg (6.63%), Vitamin B6: 0.12mg (5.75%), Manganese: 0.11mg (5.44%), Potassium: 174.74mg (4.99%), Vitamin A: 235.38IU (4.71%), Fiber: 1.09g (4.36%), Vitamin B1: 0.06mg (4.05%), Phosphorus: 36.71mg (3.67%), Vitamin B3: 0.73mg (3.66%), Folate: 14.03µg (3.51%), Vitamin B12: 0.2µg (3.35%), Magnesium: 12.64mg (3.16%), Vitamin B2: 0.05mg (3.07%), Copper: 0.05mg (2.38%), Iron: 0.39mg (2.14%), Vitamin B5: 0.21mg (2.09%), Selenium: 1.44µg (2.06%), Vitamin E: 0.28mg (1.85%), Zinc: 0.23mg (1.51%), Calcium: 10.4mg (1.04%)