



Clam with Tomato and Rice Soup

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



318 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup butter
- 32 ounce tomato sauce canned
- 6.5 ounce clams minced canned
- 0.5 cup regular corn
- 1 teaspoon basil fresh chopped
- 4 cloves garlic minced
- 1 cup heavy cream
- 2 teaspoons juice of lemon

- 0.3 cup onion red minced
- 6 servings salt and pepper to taste
- 1 cup water
- 0.5 cup rice white uncooked

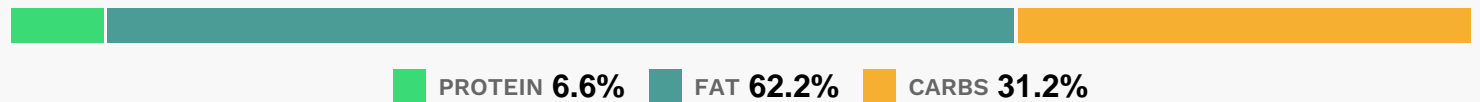
Equipment

- sauce pan
- pot

Directions

- In a small saucepan, bring 1 cup water to a boil.
- Add rice and stir. Reduce heat, cover and simmer for 20 minutes.
- In a large saucepan or stockpot, saute the onion and garlic in butter until tender.
- Add clams, corn, lemon juice and tomato sauce. Season with fresh basil and salt and pepper to taste. Stir in remaining cup of water and let the soup simmer for 20 minutes.
- Remove from heat and stir in the heavy cream and cooked rice until well blended.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:60.95, Glycemic Load:11.71, Inflammation Score:-8, Nutrition Score:10.772173902263%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 317.54kcal (15.88%), Fat: 22.8g (35.08%), Saturated Fat: 14.11g (88.21%), Carbohydrates: 25.74g (8.58%), Net Carbohydrates: 22.81g (8.29%), Sugar: 7.49g (8.32%), Cholesterol: 66.54mg (22.18%), Sodium: 988.07mg (42.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.44g (10.88%), Vitamin A: 1523.01IU (30.46%), Manganese: 0.4mg (19.91%), Vitamin E: 2.83mg (18.85%), Vitamin C: 13.29mg (16.11%), Potassium: 556.39mg (15.9%), Vitamin B6: 0.24mg (11.98%), Copper: 0.24mg (11.81%), Fiber: 2.94g (11.75%), Vitamin B2: 0.2mg (11.59%), Phosphorus: 107.97mg (10.8%), Vitamin B3: 2.03mg (10.15%), Vitamin B12: 0.6µg (10%), Iron: 1.8mg (10%), Selenium: 6.27µg (8.96%), Magnesium: 35.39mg (8.85%), Vitamin B5: 0.87mg (8.66%), Calcium: 62.7mg (6.27%), Vitamin K: 6.37µg (6.07%), Folate: 21.56µg (5.39%), Vitamin B1: 0.08mg (5.04%), Zinc: 0.75mg (4.98%), Vitamin D: 0.63µg (4.23%)