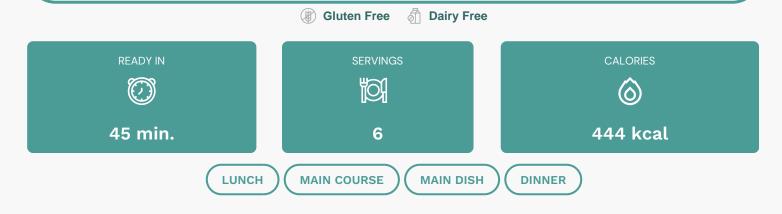






# **Classic Manhattan Clam Chowder**



## **Ingredients**

1 pound bacon cut into quarter-inch dice	
28 ounce canned tomatoes drained coarsely of	hopped canned
1 carrots cut into quarter-inch dice	
1 celery stalks cut into quarter-inch dice	
6 servings bottled clam juice (if necessary)	
48 clams	
2 teaspoons thyme sprigs fresh	
1 large onion peeled cut into quarter-inch dice	

	2 medium baking potatoes peeled cut into half-inch cubes	
Equipment		
	bowl	
	frying pan	
	sauce pan	
	pot	
	sieve	
	slotted spoon	
	colander	
Di	rections	
	Wash the clams well under cold running water in colander.	
	Place clams in a large pot, and add enough water to cover clams by 2 inches. Cover the pan and place over high heat.	
	When the water comes to a boil, give the pan a good shake. Turn the heat to low, and cook clams another 30 seconds or so.	
	Remove from the heat, and take out all the clams that have opened, using a slotted spoon. If any clams remain closed, put back on the heat, with the lid on the pan, and cook another 1–2 minutes.	
	Remove remaining clams, reserve, discard any clams that have not opened.	
	Pour the clam juice through a fine strainer and set aside. You will need 6 cups of broth. If you have more than enough clam broth, reduce it to 6 cups. If you have too little clam brother, add some bottled clam juice or water to make 6 cups total.	
	Put the bacon into a large, heavy saucepan and cook over moderate heat, stirring, until the bacon begins to brown.	
	Pour off excess fat, leaving behind the bacon and about 3 tablespoons of fat in the pan.	
	Add the onion, celery, and carrot to the pan and cook until soft, about 10 minutes.	
	Add potatoes, and cook mixture for 10 minutes more.	
	Add tomatoes and reserved clam juice to the pan. Bring chowder to a boil over high heat.	

	PROTEIN 14.3% FAT 61.19% CARBS 24.51%	
Nutrition Facts		
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	From The Dean & DeLuca Cookbook by David Rosengarten with Joel Dean and Giorgio DeLuca. Copyright © 199	
	Serve in warm bowls.	
	Remove and allow to sit for 5 minutes.	
	Add thyme leaves. Cook over low heat for another 5 minutes; check to make sure potatoes are soft and chowder is well seasoned.	
	Add to chowder and reduce heat to low.	
	While chowder is coming to a boil, remove clams from their shells and chop coarsely.	

#### **Properties**

Glycemic Index:50.1, Glycemic Load:13.84, Inflammation Score:-9, Nutrition Score:19.013913092406%

#### **Flavonoids**

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg

### Nutrients (% of daily need)

Calories: 443.54kcal (22.18%), Fat: 30.66g (47.17%), Saturated Fat: 10.17g (63.57%), Carbohydrates: 27.64g (9.21%), Net Carbohydrates: 23.39g (8.5%), Sugar: 7.85g (8.72%), Cholesterol: 54.94mg (18.31%), Sodium: 700.28mg (30.45%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 16.12g (32.23%), Vitamin A: 2098.62IU (41.97%), Vitamin B12: 2.28µg (37.94%), Vitamin B6: 0.69mg (34.68%), Selenium: 21.56µg (30.79%), Vitamin B3: 5.6mg (27.98%), Potassium: 916.83mg (26.2%), Vitamin B1: 0.39mg (25.83%), Vitamin C: 19.81mg (24.01%), Phosphorus: 235.3mg (23.53%), Manganese: 0.44mg (21.77%), Copper: 0.37mg (18.72%), Iron: 3.11mg (17.3%), Fiber: 4.25g (17.02%), Magnesium: 59.96mg (14.99%), Vitamin E: 2.18mg (14.5%), Vitamin B5: 1.09mg (10.9%), Zinc: 1.62mg (10.81%), Vitamin B2: 0.18mg (10.38%), Vitamin K: 9.96µg (9.49%), Folate: 35.28µg (8.82%), Calcium: 76.69mg (7.67%), Vitamin D: 0.3µg (2.02%)