



## Corn and Clam Chowder

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



328 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 2 slices bacon chopped
- ☐ 0.1 teaspoon pepper black
- ☐ 2 cups bottled clam juice divided
- ☐ 2 cups corn kernels
- ☐ 2 cups less-sodium chicken broth fat-free
- ☐ 1 tablespoon flat-leaf parsley fresh chopped
- ☐ 1 pound littleneck clams
- ☐ 0.8 cup buttermilk low-fat

- ☐ 1 cup onion minced ( 1)
- ☐ 2 tablespoons whipping cream
- ☐ 2 cups yukon gold potatoes diced

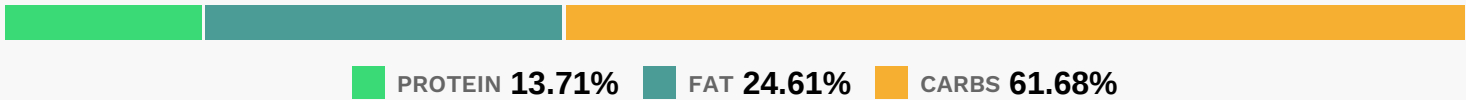
## Equipment

- ☐ frying pan
- ☐ dutch oven

## Directions

- ☐ Cook bacon in a large Dutch oven over medium heat 5 minutes or until crisp.
- ☐ Remove bacon from pan, reserving 1 teaspoon drippings in pan.
- ☐ Add onion to drippings in pan; cook 5 minutes or until browned.
- ☐ Add 1 cup clam juice, scraping pan to loosen browned bits.
- ☐ Add remaining 1 cup clam juice and broth; bring to a boil.
- ☐ Add potato; simmer 10 minutes.
- ☐ Add corn and clams to pan; bring to a boil. Reduce heat, and simmer 5 minutes or until shells open.
- ☐ Remove from heat; stir in buttermilk and remaining ingredients.
- ☐ Sprinkle with bacon.

## Nutrition Facts



## Properties

Glycemic Index:50.44, Glycemic Load:16.13, Inflammation Score:-7, Nutrition Score:16.840000116307%

## Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 8.95mg, Quercetin: 8.95mg, Quercetin: 8.95mg,

Quercetin: 8.95mg

Nutrients (% of daily need)

Calories: 327.86kcal (16.39%), Fat: 9.3g (14.31%), Saturated Fat: 3.77g (23.54%), Carbohydrates: 52.46g (17.49%), Net Carbohydrates: 47.02g (17.1%), Sugar: 12.73g (14.14%), Cholesterol: 22.64mg (7.55%), Sodium: 1220.78mg (53.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.66g (23.31%), Vitamin C: 35.32mg (42.81%), Vitamin B12: 2.35µg (39.18%), Vitamin B6: 0.57mg (28.27%), Potassium: 915.04mg (26.14%), Phosphorus: 236.84mg (23.68%), Fiber: 5.44g (21.78%), Manganese: 0.4mg (20.13%), Vitamin K: 19.23µg (18.31%), Folate: 72.4µg (18.1%), Selenium: 12.56µg (17.95%), Vitamin B3: 3.57mg (17.83%), Vitamin B2: 0.26mg (15.29%), Vitamin B1: 0.23mg (15.12%), Magnesium: 59.55mg (14.89%), Copper: 0.25mg (12.4%), Vitamin B5: 1.16mg (11.59%), Iron: 1.98mg (11.02%), Calcium: 105.85mg (10.58%), Vitamin A: 487.4IU (9.75%), Zinc: 1.23mg (8.17%), Vitamin E: 0.49mg (3.24%), Vitamin D: 0.16µg (1.09%)