



WHATSheATE



Corn, Clam, and Mussel Chowder

READY IN



40 min.

SERVINGS



6

CALORIES



244 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 slices bacon chopped
- ☐ 0.8 cup celery chopped
- ☐ 16 ounce bottled clam juice
- ☐ 13 ounce clams minced canned
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 cups corn kernels fresh
- ☐ 0.8 teaspoon thyme leaves fresh chopped
- ☐ 0.8 cup half-and-half
- ☐ 0.5 cup milk 2% reduced-fat

- ☐ 1 pound mussels scrubbed
- ☐ 1 cup onion chopped
- ☐ 2 cups potatoes diced red
- ☐ 0.3 teaspoon salt
- ☐ 6 servings thyme sprigs

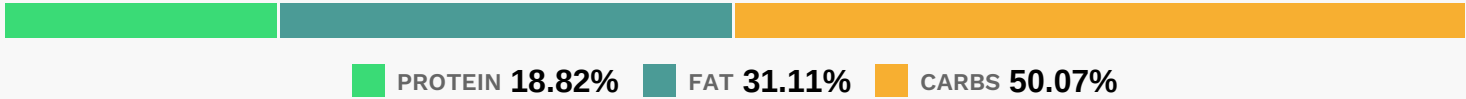
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Heat a large Dutch oven over medium heat.
- ☐ Add bacon to pan; cook 5 minutes or until browned, stirring occasionally.
- ☐ Add onion, celery, and chopped thyme to pan; cook 8 minutes or until softened, stirring frequently.
- ☐ Add potato and bottled juice; bring to a boil. Reduce heat to medium-low; cook, covered, 9 minutes or until potatoes are tender.
- ☐ Stir in corn and mussels; bring to a boil. Cover and cook 5 minutes or until mussels open; discard any unopened shells.
- ☐ Combine half-and-half, milk, and flour in a small bowl; stir with a whisk. Stir half-and-half mixture and clams into pan; cook 2 minutes or until slightly thickened. Stir in 2 tablespoons reserved clam liquid and salt.
- ☐ Garnish with thyme sprigs, if desired.
- ☐ Combine 4 cups torn romaine lettuce, 1 cup halved cherry tomatoes, and 1 cup sliced fennel bulb in a large bowl.
- ☐ Combine 1 1/2 tablespoons balsamic vinegar, 2 teaspoons honey, 1 teaspoon Dijon mustard, 1/4 teaspoon salt, and 1/8 teaspoon freshly ground black pepper in a small bowl. Gradually add 1 tablespoon extra-virgin olive oil, stirring constantly with a whisk.
- ☐ Pour vinaigrette over lettuce mixture; toss well.

Nutrition Facts



Properties

Glycemic Index:50.17, Glycemic Load:3.53, Inflammation Score:-9, Nutrition Score:19.29478267807%

Flavonoids

Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg

Nutrients (% of daily need)

Calories: 243.82kcal (12.19%), Fat: 8.68g (13.35%), Saturated Fat: 3.72g (23.27%), Carbohydrates: 31.41g (10.47%), Net Carbohydrates: 28.79g (10.47%), Sugar: 9.4g (10.45%), Cholesterol: 30.56mg (10.19%), Sodium: 585.34mg (25.45%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 11.81g (23.62%), Vitamin B12: 5.89µg (98.15%), Manganese: 1.56mg (77.78%), Selenium: 25.2µg (36%), Phosphorus: 234.31mg (23.43%), Vitamin C: 16.98mg (20.58%), Potassium: 604.53mg (17.27%), Vitamin B1: 0.26mg (17.07%), Folate: 66.43µg (16.61%), Vitamin B2: 0.27mg (15.76%), Iron: 2.74mg (15.24%), Magnesium: 54.97mg (13.74%), Vitamin B3: 2.63mg (13.14%), Vitamin B6: 0.24mg (12.16%), Vitamin A: 540.57IU (10.81%), Fiber: 2.63g (10.5%), Vitamin B5: 0.97mg (9.69%), Calcium: 96.33mg (9.63%), Zinc: 1.44mg (9.59%), Copper: 0.16mg (7.84%), Vitamin K: 5.18µg (4.93%), Vitamin E: 0.55mg (3.66%)