



## Creamy Clam Chowder

READY IN



40 min.

SERVINGS



15

CALORIES



92 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 strips bacon cut into 1/4-inch pieces
- 8 oz bottled clam juice
- 13 oz clams drained chopped canned
- 2 Tbsp flour
- 2 tablespoons parsley fresh minced
- 1 Dash hot sauce
- 1 medium onion finely chopped
- 12 oz potatoes peeled cut into 1/2-inch pieces
- 15 servings salt

- 2 tablespoons vegetable oil
- 3 cups milk whole

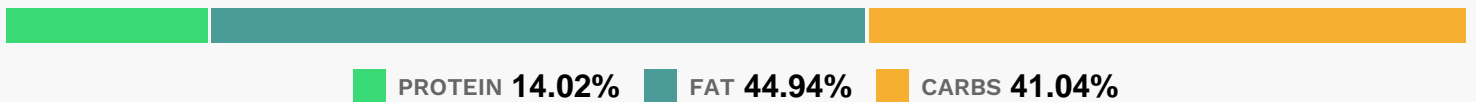
## Equipment

- bowl
- sauce pan
- ladle

## Directions

- Combine bacon and oil in a large saucepan over medium heat. Cook, stirring often, until fat is drawn out of bacon, 4 minutes.
- Add onion and cook, stirring, until softened, 4 minutes.
- Add flour and cook, stirring, for 2 minutes.
- Pour in clam juice and bring to a boil, stirring well.
- Add milk, potato, clams and hot sauce. Season with salt. Increase heat to medium-high and bring to a boil. Reduce heat and simmer until potatoes are fork-tender, 10 to 12 minutes.
- Ladle chowder into cups or bowls, sprinkle with parsley and serve hot.

## Nutrition Facts



## Properties

Glycemic Index:18.85, Glycemic Load:4.51, Inflammation Score:-2, Nutrition Score:4.5569565399833%

## Flavonoids

Apigenin: 1.15mg, Apigenin: 1.15mg, Apigenin: 1.15mg, Apigenin: 1.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

## Nutrients (% of daily need)

Calories: 92.2kcal (4.61%), Fat: 4.65g (7.15%), Saturated Fat: 1.59g (9.95%), Carbohydrates: 9.55g (3.18%), Net Carbohydrates: 8.82g (3.21%), Sugar: 3.34g (3.71%), Cholesterol: 8.9mg (2.97%), Sodium: 290.7mg (12.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.52%), Vitamin K: 12.7µg (12.09%), Vitamin B12: 0.7µg (11.65%), Phosphorus: 78.92mg (7.89%), Vitamin C: 6.48mg (7.86%), Calcium: 68.23mg (6.82%), Vitamin B6: 0.12mg (6.19%), Potassium: 204.42mg (5.84%), Vitamin B2: 0.09mg (5.16%), Vitamin B1: 0.07mg (4.6%), Selenium: 3.15µg (4.5%), Vitamin D: 0.55µg (3.66%), Magnesium: 14.11mg (3.53%), Vitamin A: 159.27IU (3.19%), Manganese: 0.06mg (3.13%), Vitamin B5: 0.3mg (2.99%), Fiber: 0.73g (2.91%), Vitamin B3: 0.53mg (2.65%), Zinc: 0.36mg (2.38%), Folate: 9.06µg (2.26%), Iron: 0.37mg (2.05%), Copper: 0.04mg (1.89%), Vitamin E: 0.24mg (1.57%)