



## Creamy New England Clam Chowder

READY IN



45 min.

SERVINGS



8

CALORIES



269 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 6 slices bacon
- 2 tablespoons butter
- 1 cup celery sliced
- 8 ounce bottled clam juice
- 13 ounce clams minced undrained canned
- 2 tablespoons flour all-purpose
- 2 tablespoons parsley fresh chopped
- 2 cloves garlic minced
- 0.3 teaspoon ground pepper

- 3 cups half-and-half
- 0.3 teaspoon hot sauce
- 2 small onions halved thinly sliced
- 3 cups potatoes diced red peeled
- 0.5 teaspoon salt
- 0.5 teaspoon thyme leaves dried whole

## Equipment

- bowl
- frying pan
- ladle
- dutch oven

## Directions

- Cook bacon in a Dutch oven over medium heat until crisp; remove bacon, reserving 2 tablespoons drippings in pan. Crumble bacon, and set aside.
- Saute onion, celery, and garlic in reserved bacon drippings until tender.
- Drain clams, reserving liquid; set clams aside.
- Add reserved clam liquid, potato, and bottled clam juice to vegetable mixture; stir well. Bring to a boil; cover, reduce heat, and simmer 20 minutes or until potato is tender.
- Remove from pan, and let cool slightly.
- Add butter to pan; add flour, and stir until smooth. Cook over medium heat, stirring constantly, 1 minute. Gradually add half-and-half; cook over medium heat, stirring constantly, until mixture is thickened and bubbly.
- Add potato mixture to white sauce in pan. Cook 5 minutes, stirring frequently. Stir in reserved clams, salt, thyme, pepper, and hot sauce; cook 1 minute. Ladle into individual serving bowls; top with crumbled bacon, and sprinkle with chopped parsley.

## Nutrition Facts



## Properties

Glycemic Index:38.13, Glycemic Load:1.61, Inflammation Score:-6, Nutrition Score:8.6913042664528%

## Flavonoids

Apigenin: 2.52mg, Apigenin: 2.52mg, Apigenin: 2.52mg, Apigenin: 2.52mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg

## Nutrients (% of daily need)

Calories: 269.43kcal (13.47%), Fat: 20.06g (30.86%), Saturated Fat: 10.42g (65.1%), Carbohydrates: 15.77g (5.26%), Net Carbohydrates: 14.54g (5.29%), Sugar: 5.99g (6.65%), Cholesterol: 52.25mg (17.42%), Sodium: 458.87mg (19.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.23g (14.47%), Vitamin K: 23.62µg (22.49%), Vitamin B12: 1.05µg (17.5%), Phosphorus: 156.87mg (15.69%), Selenium: 9.51µg (13.59%), Vitamin B2: 0.23mg (13.47%), Vitamin A: 624.03IU (12.48%), Calcium: 120.19mg (12.02%), Potassium: 380.16mg (10.86%), Vitamin B6: 0.2mg (9.86%), Vitamin C: 8.03mg (9.73%), Vitamin B1: 0.13mg (8.73%), Vitamin B3: 1.37mg (6.85%), Manganese: 0.13mg (6.66%), Magnesium: 24.54mg (6.13%), Folate: 23.54µg (5.88%), Vitamin B5: 0.54mg (5.4%), Zinc: 0.79mg (5.24%), Fiber: 1.23g (4.92%), Iron: 0.78mg (4.35%), Copper: 0.08mg (4.19%), Vitamin E: 0.51mg (3.42%)