



## East Hampton Clam Chowder

READY IN



65 min.

SERVINGS



8

CALORIES



369 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 teaspoon pepper black freshly ground
- 2 cups medium-diced carrots (6 carrots)
- 2 cups medium-diced celery (4 stalks)
- 4 cups bottled clam juice
- 3 cups chowder clams fresh chopped ()
- 0.5 cup flour all-purpose
- 0.5 teaspoon thyme leaves dried fresh minced
- 1 teaspoon kosher salt
- 2 cups milk

- 4 cups medium-diced potatoes boiling peeled (8 potatoes)
- 12 tablespoons butter unsalted divided ( )
- 2 cups onions yellow chopped (2 onions)

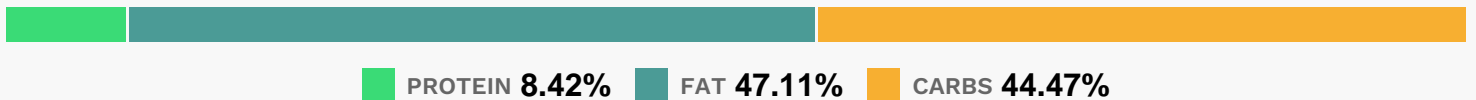
## Equipment

- whisk
- pot

## Directions

- Watch how to make this recipe.
- Melt 4 tablespoons (1/2 stick) of the butter in a large heavy-bottomed stockpot.
- Add the onions and cook over medium-low heat for 10 minutes, or until translucent.
- Add the celery, carrots, potatoes, thyme, salt, and pepper and saute for 10 more minutes.
- Add the clam juice, bring to a boil, and simmer, uncovered, until the vegetables are tender, about 20 minutes.
- In a small pot, melt the remaining 8 tablespoons of butter and whisk in the flour. Cook over very low heat for 3 minutes, stirring constantly.
- Whisk in a cup of the hot broth and then pour this mixture back into the cooked vegetables. Simmer for a few minutes until the broth is thickened.
- Add the milk and clams and heat gently for a few minutes to cook the clams. Taste for salt and pepper.
- Serve hot.

## Nutrition Facts



## Properties

Glycemic Index:40.35, Glycemic Load:7.49, Inflammation Score:-10, Nutrition Score:17.336086936619%

## Flavonoids

Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.77mg, Quercetin: 8.77mg, Quercetin: 8.77mg, Quercetin: 8.77mg

## Nutrients (% of daily need)

Calories: 368.96kcal (18.45%), Fat: 19.69g (30.29%), Saturated Fat: 12.02g (75.15%), Carbohydrates: 41.82g (13.94%), Net Carbohydrates: 37.83g (13.76%), Sugar: 11.4g (12.67%), Cholesterol: 56.3mg (18.77%), Sodium: 809.12mg (35.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.92g (15.84%), Vitamin A: 6310.14IU (126.2%), Vitamin B12: 1.84µg (30.72%), Potassium: 786.24mg (22.46%), Vitamin C: 18.2mg (22.06%), Phosphorus: 188.32mg (18.83%), Vitamin B6: 0.35mg (17.69%), Manganese: 0.35mg (17.66%), Fiber: 3.99g (15.95%), Folate: 61.38µg (15.34%), Vitamin B1: 0.23mg (15.27%), Vitamin K: 15.86µg (15.11%), Calcium: 134.29mg (13.43%), Selenium: 9.11µg (13.02%), Vitamin B2: 0.22mg (12.77%), Magnesium: 45.34mg (11.33%), Vitamin B3: 2.16mg (10.8%), Copper: 0.2mg (9.91%), Iron: 1.57mg (8.7%), Vitamin B5: 0.81mg (8.12%), Vitamin E: 1.04mg (6.9%), Vitamin D: 0.99µg (6.57%), Zinc: 0.91mg (6.09%)