



Easy Clam Chowder

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



228 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 slices oscar mayer bacon chopped
- 1 lb baking potatoes peeled cut into 1/4-inch cubes (2)
- 1 stalk celery chopped
- 6.3 oz clams minced undrained canned
- 4 oz philadelphia cream cheese cubed ()
- 1 cup milk
- 1 small onion chopped
- 1.5 cups water

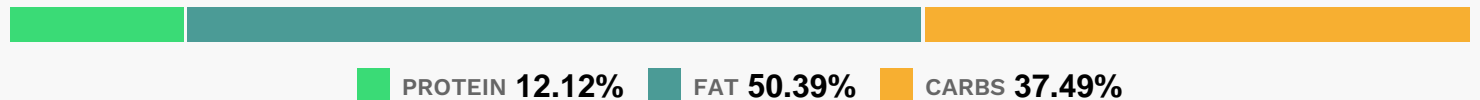
Equipment

- bowl
- sauce pan
- whisk
- microwave

Directions

- Cook and stir onions, celery and bacon in medium saucepan on medium heat 5 min. or until vegetables are crisp-tender.
- Add potatoes and water; bring to boil. Cook 15 min. or until potatoes are tender.
- Microwave milk and cream cheese in small microwaveable bowl on HIGH 1-1/2 min. or until milk is heated through.
- Whisk until cream cheese is completely melted and mixture is well blended.
- Add to potato mixture; stir.
- Stir in clams; cook 2 min. or until heated through, stirring frequently. (Do not boil.)

Nutrition Facts



Properties

Glycemic Index:47.15, Glycemic Load:14.47, Inflammation Score:-5, Nutrition Score:8.3647826754529%

Flavonoids

Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 228.31kcal (11.42%), Fat: 13.01g (20.01%), Saturated Fat: 6.7g (41.89%), Carbohydrates: 21.77g (7.26%), Net Carbohydrates: 20.23g (7.35%), Sugar: 4.46g (4.96%), Cholesterol: 36.17mg (12.06%), Sodium: 166.04mg (7.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.04g (14.08%), Vitamin B6: 0.4mg (20.11%), Vitamin B12: 0.96µg

(15.97%), Potassium: 542.54mg (15.5%), Phosphorus: 152.63mg (15.26%), Calcium: 104.88mg (10.49%), Vitamin B2: 0.17mg (9.83%), Selenium: 6.74µg (9.63%), Vitamin B1: 0.14mg (9.34%), Manganese: 0.18mg (8.93%), Vitamin A: 439.95IU (8.8%), Magnesium: 33.82mg (8.45%), Vitamin C: 6.45mg (7.82%), Vitamin B3: 1.43mg (7.13%), Vitamin B5: 0.68mg (6.78%), Copper: 0.12mg (6.21%), Fiber: 1.55g (6.18%), Iron: 0.97mg (5.4%), Folate: 20.55µg (5.14%), Zinc: 0.75mg (4.99%), Vitamin K: 4.67µg (4.44%), Vitamin D: 0.57µg (3.81%), Vitamin E: 0.33mg (2.18%)