



Easy New England Clam Chowder

READY IN



60 min.

SERVINGS



4

CALORIES



351 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 servings pepper black freshly ground
- 2 cups bottled clam juice
- 13 ounce clams with their juices minced canned
- 3 tablespoons flour all-purpose
- 0.3 teaspoon thyme sprigs dried fresh finely chopped
- 1 medium garlic clove minced
- 0.3 cup cup heavy whipping cream
- 4 servings kosher salt
- 1 cup onion yellow ()

- 1 pound baking potatoes peeled cut into medium dice (2 medium)
- 1 slice bacon thick-cut finely chopped
- 2 tablespoons butter unsalted ()

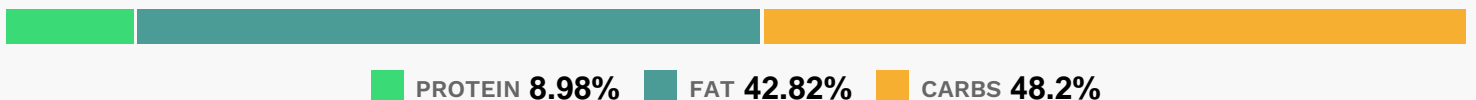
Equipment

- bowl
- frying pan
- sauce pan
- knife
- sieve

Directions

- Set a fine-mesh strainer over a medium bowl.
- Pour the clams through the strainer and transfer them to a small bowl. Set the clams and strained juice aside.Melt the butter in a medium saucepan over medium heat.
- Add the onion and bacon and cook, stirring occasionally, until the fat has rendered from the bacon and the onion has softened, about 8 minutes.
- Add the garlic and thyme and cook, stirring occasionally, until fragrant, about 1 minute.
- Sprinkle in the flour and cook, stirring occasionally, until the raw flavor has cooked off, about 2 minutes.While stirring constantly, slowly add the reserved strained clam juice and bottled clam juice. Bring to a boil, stirring occasionally and making sure to scrape the bottom and sides of the pan. Reduce the heat to medium low, add the potatoes, and bring to a simmer. Cook, stirring occasionally, until the potatoes are knife tender, about 15 minutes.Stir in the cream and reserved clams and return to a simmer. Taste and season with salt and pepper as needed.

Nutrition Facts



Properties

Glycemic Index:80.19, Glycemic Load:20.27, Inflammation Score:-7, Nutrition Score:11.753043610117%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg

Nutrients (% of daily need)

Calories: 351.37kcal (17.57%), Fat: 16.97g (26.11%), Saturated Fat: 9.44g (58.98%), Carbohydrates: 42.99g (14.33%), Net Carbohydrates: 40.15g (14.6%), Sugar: 6.92g (7.69%), Cholesterol: 47.55mg (15.85%), Sodium: 703mg (30.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.01g (16.03%), Vitamin B12: 1.69µg (28.1%), Vitamin B6: 0.56mg (27.82%), Potassium: 692.41mg (19.78%), Vitamin C: 15.89mg (19.26%), Manganese: 0.35mg (17.35%), Phosphorus: 148mg (14.8%), Vitamin B1: 0.21mg (14.22%), Selenium: 9.85µg (14.07%), Vitamin A: 696.02IU (13.92%), Fiber: 2.84g (11.35%), Vitamin B3: 2.26mg (11.3%), Folate: 45.02µg (11.26%), Magnesium: 43.03mg (10.76%), Iron: 1.83mg (10.14%), Copper: 0.19mg (9.68%), Vitamin B2: 0.14mg (8.49%), Vitamin B5: 0.65mg (6.48%), Calcium: 57.29mg (5.73%), Zinc: 0.77mg (5.16%), Vitamin E: 0.63mg (4.21%), Vitamin K: 3.55µg (3.38%), Vitamin D: 0.46µg (3.06%)