



Emma's Slow Cooker Clam Chowder



Gluten Free



Dairy Free

READY IN



510 min.

SERVINGS



4

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 pound bacon diced
- ☐ 1 bay leaf
- ☐ 28 ounce canned tomatoes diced with juice canned
- ☐ 2 carrots thinly sliced
- ☐ 3 stalks celery with leaves, thinly sliced
- ☐ 13 ounce clams with juice chopped canned
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1.5 teaspoons ground pepper black

- ☐ 1 large onion chopped
- ☐ 3 large potatoes diced
- ☐ 1.5 teaspoons salt
- ☐ 1 teaspoon thyme leaves dried

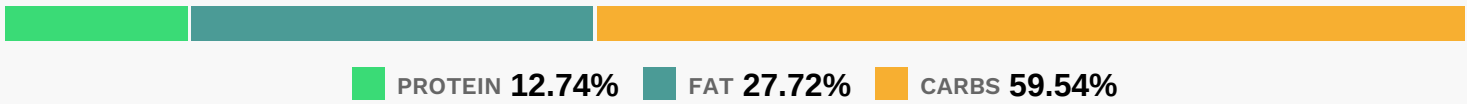
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Place the bacon in a large, deep skillet, and cook over medium-high heat, stirring occasionally, until evenly browned, about 10 minutes.
- ☐ Pour off the bacon fat, and place the drained bacon pieces in a slow cooker.
- ☐ Stir the tomatoes, clams, potatoes, onion, carrots, celery, parsley, salt, pepper, thyme, and bay leaf into the slow cooker, cover, and set the cooker on Low. Cook until the vegetables are tender and the flavors are well blended, 8 to 10 hours.

Nutrition Facts



Properties

Glycemic Index:81.4, Glycemic Load:37.53, Inflammation Score:-10, Nutrition Score:26.187390970147%

Flavonoids

Apigenin: 3.03mg, Apigenin: 3.03mg, Apigenin: 3.03mg, Apigenin: 3.03mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 2.61mg, Kaempferol: 2.61mg, Kaempferol: 2.61mg, Kaempferol: 2.61mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 9.73mg, Quercetin: 9.73mg, Quercetin: 9.73mg, Quercetin: 9.73mg

Nutrients (% of daily need)

Calories: 377.73kcal (18.89%), Fat: 11.84g (18.21%), Saturated Fat: 3.92g (24.5%), Carbohydrates: 57.2g (19.07%), Net Carbohydrates: 48.84g (17.76%), Sugar: 5.61g (6.23%), Cholesterol: 22.86mg (7.62%), Sodium: 1131.38mg (49.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.24g (24.48%), Vitamin A: 5401.91IU (108.04%), Vitamin C:

62.17mg (75.35%), Vitamin B6: 1.01mg (50.39%), Potassium: 1476.82mg (42.19%), Vitamin K: 35.88µg (34.17%), Manganese: 0.67mg (33.57%), Fiber: 8.36g (33.44%), Vitamin B12: 1.7µg (28.39%), Phosphorus: 257.01mg (25.7%), Vitamin B1: 0.35mg (23.15%), Vitamin B3: 4.58mg (22.88%), Magnesium: 83.03mg (20.76%), Copper: 0.37mg (18.6%), Folate: 70.61µg (17.65%), Iron: 2.97mg (16.5%), Selenium: 11.14µg (15.91%), Vitamin B5: 1.22mg (12.17%), Vitamin B2: 0.17mg (9.81%), Zinc: 1.42mg (9.44%), Calcium: 78.18mg (7.82%), Vitamin E: 0.55mg (3.66%)