



Hatteras Style Clam Chowder

 Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



353 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 carrots sliced
- 5 stalks celery sliced
- 3 quarts bottled clam juice
- 32 ounce clams with juice minced canned
- 8 slices bacon crumbled crisp cooked
- 1 teaspoon thyme leaves dried
- 0.5 teaspoon ground pepper black
- 1 large onion chopped

- 1 tablespoon vegetable oil
- 4 cups potatoes white cubed peeled

Equipment

- pot

Directions

- In a large pot over medium heat, cook onion, celery and carrots in oil until they begin to soften. Stir in potatoes, clams, clam juice, thyme, pepper and bacon. Bring to a boil, then reduce heat and simmer 20 minutes, or until potatoes are tender.

Nutrition Facts



Properties

Glycemic Index:31.07, Glycemic Load:16.77, Inflammation Score:-10, Nutrition Score:21.016956534723%

Flavonoids

Apigenin: 0.71mg, Apigenin: 0.71mg, Apigenin: 0.71mg, Apigenin: 0.71mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg

Nutrients (% of daily need)

Calories: 352.69kcal (17.63%), Fat: 5.64g (8.67%), Saturated Fat: 1.32g (8.22%), Carbohydrates: 65.84g (21.95%), Net Carbohydrates: 60.17g (21.88%), Sugar: 15.25g (16.94%), Cholesterol: 13.02mg (4.34%), Sodium: 1477.59mg (64.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.42g (20.84%), Vitamin A: 5798.52IU (115.97%), Vitamin C: 45.07mg (54.63%), Vitamin B12: 2.12µg (35.26%), Vitamin B6: 0.69mg (34.7%), Potassium: 1054.26mg (30.12%), Fiber: 5.67g (22.69%), Manganese: 0.43mg (21.5%), Phosphorus: 193.75mg (19.37%), Vitamin K: 19.18µg (18.27%), Vitamin B3: 3.38mg (16.88%), Vitamin B1: 0.25mg (16.75%), Folate: 66.89µg (16.72%), Selenium: 11.27µg (16.1%), Magnesium: 59.44mg (14.86%), Copper: 0.28mg (14.03%), Iron: 2.15mg (11.97%), Vitamin B5: 0.93mg (9.29%), Vitamin B2: 0.14mg (8.44%), Calcium: 77.39mg (7.74%), Zinc: 1.11mg (7.37%), Vitamin E: 0.97mg (6.49%)