



Maine Clam Chowder

READY IN



45 min.

SERVINGS



16

CALORIES



237 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup butter
- ☐ 3 rib celery chopped
- ☐ 60 steamer clams scrubbed
- ☐ 6 bacon crumbled cooked
- ☐ 24 ounce evaporated milk canned
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 tablespoons parsley fresh minced
- ☐ 2 cups half-and-half
- ☐ 1 large onion chopped

- ☐ 16 servings paprika
- ☐ 1 teaspoon pepper freshly ground
- ☐ 3 large potatoes peeled cut into 1/2-inch cubes (2 1/4 pounds)
- ☐ 1 teaspoon salt
- ☐ 3 cups water

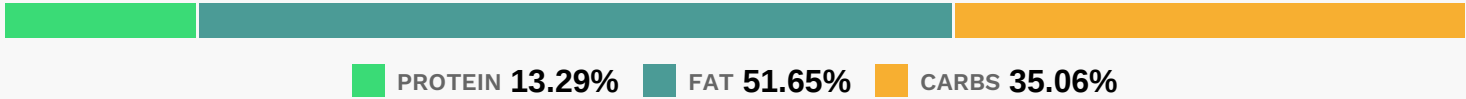
Equipment

- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Combine clams and 3 cups water in a large stockpot; bring to a boil. Cover and cook 8 to 10 minutes or until clams open, discarding any unopened clams.
- ☐ Remove clams with a slotted spoon; set aside.
- ☐ Pour liquid through a wire-mesh strainer into a large container, discarding debris. Set clam liquid aside.
- ☐ Melt butter in a Dutch oven over medium heat; add onion and celery, and saute 5 minutes or until tender.
- ☐ Whisk in flour; cook, whisking constantly, 1 minute. Gradually whisk in reserved clam liquid; cook over medium heat, whisking constantly, until thickened and bubbly.
- ☐ Add potatoes, reduce heat, and cook over low heat 15 to 20 minutes or until potatoes are tender.
- ☐ Remove clams from shells, discarding shells. Peel membrane from clam necks and discard.
- ☐ Add clams, evaporated milk, and next 3 ingredients to potato mixture. Cook over medium-high heat until thoroughly heated. Top each serving with parsley, crumbled bacon, and a dash of paprika.
- ☐ Serve with French bread or crackers.

Nutrition Facts



Properties

Glycemic Index:20.23, Glycemic Load:9.97, Inflammation Score:-8, Nutrition Score:11.090434919233%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

Nutrients (% of daily need)

Calories: 237.15kcal (11.86%), Fat: 13.88g (21.36%), Saturated Fat: 5.71g (35.67%), Carbohydrates: 21.2g (7.07%), Net Carbohydrates: 18.73g (6.81%), Sugar: 6.67g (7.42%), Cholesterol: 28.25mg (9.42%), Sodium: 339.16mg (14.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.04g (16.08%), Vitamin A: 1517.49IU (30.35%), Vitamin C: 16.11mg (19.52%), Phosphorus: 194.41mg (19.44%), Vitamin B12: 1.06µg (17.59%), Calcium: 166.87mg (16.69%), Vitamin B6: 0.31mg (15.68%), Potassium: 547.37mg (15.64%), Vitamin B2: 0.26mg (15.46%), Vitamin K: 12.09µg (11.51%), Fiber: 2.47g (9.87%), Selenium: 6.74µg (9.63%), Magnesium: 37.52mg (9.38%), Manganese: 0.19mg (9.34%), Vitamin B1: 0.13mg (8.38%), Iron: 1.34mg (7.47%), Vitamin B3: 1.49mg (7.46%), Vitamin B5: 0.69mg (6.87%), Vitamin E: 1.03mg (6.85%), Copper: 0.12mg (6.06%), Zinc: 0.9mg (6.02%), Folate: 22.03µg (5.51%)