



Manhattan Clam Chowder

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



84 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 14.5 ounce canned tomatoes diced italian-style canned
- 1 cup tomato and clam juice cocktail
- 1 pint shucked clams
- 1 cup bell pepper green chopped
- 0.3 cup green onions chopped
- 0.3 teaspoon ground pepper black
- 2 potatoes cleaned chopped

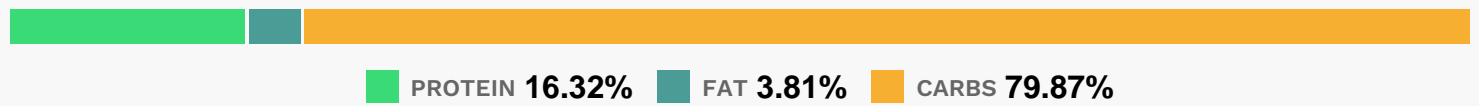
Equipment

sauce pan

Directions

- Chop clams, reserving juice; set clams aside. Strain clam juice to remove bits of shell. Measure juice; add enough water to equal 1 1/2 cups liquid.
- Combine clam juice mixture, clam-tomato juice cocktail, potatoes, bell peppers, scallions and black pepper in large saucepan; heat to a boil. Reduce heat; cover and simmer for about 15 minutes or until potatoes are just tender.
- Stir in the undrained tomatoes and the chopped clams and heat through.

Nutrition Facts



Properties

Glycemic Index:27.84, Glycemic Load:8.06, Inflammation Score:-4, Nutrition Score:8.5278260707855%

Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 84.15kcal (4.21%), Fat: 0.38g (0.58%), Saturated Fat: 0.06g (0.4%), Carbohydrates: 17.74g (5.91%), Net Carbohydrates: 15.06g (5.48%), Sugar: 4.18g (4.64%), Cholesterol: 2.66mg (0.89%), Sodium: 184.12mg (8.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.25%), Vitamin C: 32.26mg (39.1%), Vitamin B12: 1.01µg (16.86%), Vitamin B6: 0.3mg (14.84%), Potassium: 447.19mg (12.78%), Manganese: 0.23mg (11.41%), Vitamin K: 11.7µg (11.14%), Fiber: 2.68g (10.72%), Copper: 0.18mg (9.03%), Iron: 1.39mg (7.71%), Phosphorus: 72.6mg (7.26%), Magnesium: 28.28mg (7.07%), Vitamin B3: 1.39mg (6.98%), Vitamin B1: 0.1mg (6.74%), Vitamin A: 282.63IU (5.65%), Vitamin E: 0.83mg (5.51%), Folate: 21.88µg (5.47%), Selenium: 3.32µg (4.75%), Vitamin B5: 0.36mg (3.6%), Vitamin B2: 0.06mg (3.45%), Calcium: 34.08mg (3.41%), Zinc: 0.4mg (2.66%)