



Manhattan Clam Chowder



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



467 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices bacon cut into 1/2-inch squares
- ☐ 8 oz tomatoes diced canned
- ☐ 3 tablespoons celery diced ()
- ☐ 8 oz bottled clam juice
- ☐ 18 clams scrubbed well
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 3 tablespoons bell pepper diced green ()
- ☐ 0.3 cup onion chopped

☐ 0.7 cup potato diced boiling peeled () (1 small)

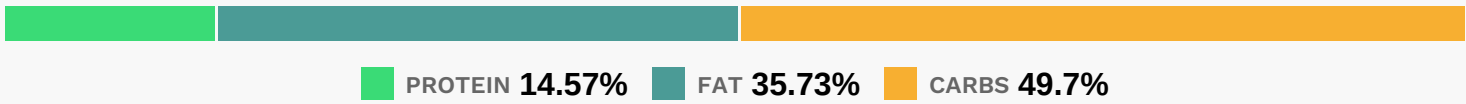
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ tongs

Directions

- ☐ Cook bacon in a 2- to 3-quart heavy saucepan over moderate heat, stirring, until golden, about 5 minutes. Reduce heat to moderately low, then add onion, bell pepper, and celery and cook, stirring, until softened, about 5 minutes. Stir in potato, bottled clam juice, and tomatoes (with juice) and simmer, covered, 10 minutes. Stir in clams and simmer, covered, stirring occasionally, until clams open wide, 8 to 10 minutes. (Discard any clams that after 10 minutes have not opened.)
- ☐ Remove pan from heat.
- ☐ Remove most of clamshells with tongs, then detach clams and return them to chowder. (Keep a few in their shells for garnish.) Stir in parsley and salt and pepper to taste.
- ☐ Chowder, without clams or parsley, can be made 1 day ahead. Bring to a simmer before adding clams and proceeding.

Nutrition Facts



Properties

Glycemic Index:128, Glycemic Load:1.73, Inflammation Score:-9, Nutrition Score:31.556521617848%

Flavonoids

Apigenin: 17.95mg, Apigenin: 17.95mg, Apigenin: 17.95mg, Apigenin: 17.95mg Luteolin: 1.71mg, Luteolin: 1.71mg, Luteolin: 1.71mg, Luteolin: 1.71mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 1.27mg, Myricetin: 1.27mg, Myricetin: 1.27mg, Myricetin: 1.27mg Quercetin: 13.34mg, Quercetin: 13.34mg, Quercetin: 13.34mg, Quercetin: 13.34mg

Nutrients (% of daily need)

Calories: 466.56kcal (23.33%), Fat: 18.92g (29.11%), Saturated Fat: 6.06g (37.85%), Carbohydrates: 59.21g (19.74%), Net Carbohydrates: 52.31g (19.02%), Sugar: 17.52g (19.46%), Cholesterol: 40.38mg (13.46%), Sodium: 1502.42mg (65.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.36g (34.72%), Vitamin K: 150.06µg (142.92%), Vitamin C: 78.79mg (95.51%), Vitamin B12: 4.56µg (75.99%), Vitamin B6: 0.83mg (41.62%), Potassium: 1421.15mg (40.6%), Vitamin A: 1625.93IU (32.52%), Selenium: 22.42µg (32.02%), Phosphorus: 298.69mg (29.87%), Manganese: 0.57mg (28.28%), Vitamin B3: 5.57mg (27.84%), Fiber: 6.9g (27.62%), Vitamin B1: 0.41mg (27.34%), Iron: 4.81mg (26.74%), Copper: 0.45mg (22.72%), Folate: 89.9µg (22.48%), Magnesium: 85.51mg (21.38%), Vitamin E: 2.49mg (16.58%), Vitamin B2: 0.28mg (16.32%), Calcium: 151.09mg (15.11%), Vitamin B5: 1.22mg (12.19%), Zinc: 1.78mg (11.9%), Vitamin D: 0.18µg (1.17%)