



Manhattan Clam Chowder



Gluten Free



Dairy Free



Popular

READY IN



55 min.

SERVINGS



6

CALORIES



125 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 slices bacon with 2 more tbsp extra virgin olive oil)
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 2 carrots peeled sliced
- ☐ 2 celery stalks chopped
- ☐ 1 onion chopped
- ☐ 1 large garlic clove minced
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.3 teaspoon celery seed

- ☐ 2 bay leaves
- ☐ 12 ounces sacramento tomato juice crushed
- ☐ 14 ounce clam broth canned
- ☐ 20 2 10-ounce cans of baby clams canned
- ☐ 1 pound waxy potatoes peeled cut into 2-inch chunks
- ☐ 12 so live clams such as littlenecks or manila clams
- ☐ 6 servings salt and pepper black to taste
- ☐ 6 servings tabasco

Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Cook the bacon: Slowly cook the bacon with the olive oil on medium heat until the bacon is crispy and its fat rendered.
- ☐ Remove, chop and set aside.
- ☐ Cook the carrots, celery, onion, then garlic: Increase the heat to medium-high and sauté the carrots, celery and onion until soft and translucent, about 4-5 minutes. Do not brown the vegetables.
- ☐ Add the garlic and cook for another minute. Return chopped bacon to the pot.
- ☐ Add the herbs, tomato juice, clam broth and the juice from the canned clams, mix well, then add the potatoes. Bring to a simmer, cover and simmer gently until the potatoes are done, about 30-40 minutes.
- ☐ Add clams: When the potatoes are tender, add the canned clams and the live clams, cover the pot and simmer until the live clams open up, about 5-10 minutes.
- ☐ Add Tabasco, salt and black pepper to taste.
- ☐ Place a clam in shell or two in each bowl for serving.

Nutrition Facts



 PROTEIN 13.56%  FAT 21.48%  CARBS 64.96%

Properties

Glycemic Index:45.47, Glycemic Load:2.73, Inflammation Score:-10, Nutrition Score:12.237391202346%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg

Nutrients (% of daily need)

Calories: 124.85kcal (6.24%), Fat: 3.14g (4.83%), Saturated Fat: 0.46g (2.86%), Carbohydrates: 21.38g (7.13%), Net Carbohydrates: 18.05g (6.57%), Sugar: 5.8g (6.44%), Cholesterol: 3.36mg (1.12%), Sodium: 571.91mg (24.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.46g (8.93%), Vitamin A: 3710.41IU (74.21%), Vitamin B12: 1.27µg (21.09%), Vitamin C: 14.62mg (17.72%), Potassium: 614.79mg (17.57%), Manganese: 0.3mg (14.92%), Vitamin B6: 0.27mg (13.69%), Fiber: 3.33g (13.3%), Copper: 0.23mg (11.57%), Vitamin K: 11.41µg (10.87%), Phosphorus: 100.63mg (10.06%), Iron: 1.75mg (9.74%), Vitamin B3: 1.84mg (9.19%), Vitamin E: 1.33mg (8.84%), Magnesium: 35.24mg (8.81%), Vitamin B1: 0.13mg (8.62%), Folate: 29.68µg (7.42%), Selenium: 4.35µg (6.21%), Calcium: 47.05mg (4.71%), Vitamin B5: 0.47mg (4.7%), Vitamin B2: 0.08mg (4.49%), Zinc: 0.56mg (3.73%)