



Mari's Clam Lovers Chowder

READY IN



135 min.

SERVINGS



16

CALORIES



696 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 ounces bacon chopped
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1.5 cups butter
- ☐ 1.5 cups carrots diced
- ☐ 2 cups celery chopped
- ☐ 6.5 ounce clams with juice reserved minced drained canned
- ☐ 1.5 cups flour all-purpose
- ☐ 2 quarts heavy cream
- ☐ 2 cups onion finely chopped

- ☐ 2 tablespoons parsley minced
- ☐ 5 cups potatoes cubed peeled
- ☐ 2 tablespoons red wine vinegar
- ☐ 1.5 teaspoons salt
- ☐ 2 quarts water
- ☐ 1.5 teaspoons sugar white

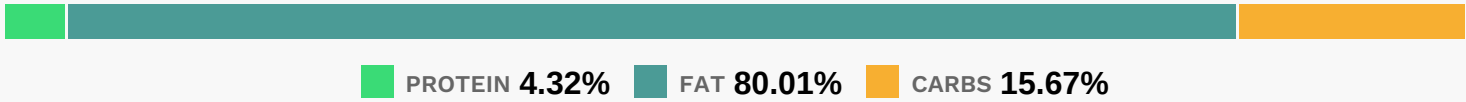
Equipment

- ☐ pot
- ☐ dutch oven

Directions

- ☐ In a large stockpot, saute bacon until almost crisp.
- ☐ Drain fat.
- ☐ Add clam juice, onion, carrots, water, celery, and parsley. Bring to a boil, reduce heat and simmer 20 minutes.
- ☐ Add potatoes and simmer 20 more minutes. At the time you add potatoes start cream sauce.
- ☐ In a Dutch oven melt butter and add flour; blend until smooth. Slowly pour in cream, stirring constantly. DO NOT BOIL! When smooth, transfer to the stockpot.
- ☐ Stir in clams, salt, pepper, sugar and red wine vinegar. Simmer, never let boil, until smooth and slightly thickened, about 30 to 45 minutes.

Nutrition Facts



Properties

Glycemic Index:29.73, Glycemic Load:16.01, Inflammation Score:-10, Nutrition Score:15.003478216088%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol:

0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg

Nutrients (% of daily need)

Calories: 695.84kcal (34.79%), Fat: 63.04g (96.99%), Saturated Fat: 39.15g (244.66%), Carbohydrates: 27.77g (9.26%), Net Carbohydrates: 25.1g (9.13%), Sugar: 5.98g (6.64%), Cholesterol: 184.62mg (61.54%), Sodium: 464.39mg (20.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.67g (15.33%), Vitamin A: 4384.13IU (87.68%), Vitamin C: 16.89mg (20.47%), Vitamin B2: 0.34mg (19.72%), Vitamin K: 20.23µg (19.26%), Vitamin B6: 0.31mg (15.52%), Phosphorus: 150.98mg (15.1%), Potassium: 525.94mg (15.03%), Selenium: 10.05µg (14.36%), Vitamin B1: 0.21mg (13.95%), Vitamin D: 1.92µg (12.81%), Manganese: 0.25mg (12.5%), Folate: 48.8µg (12.2%), Vitamin E: 1.76mg (11.73%), Calcium: 112.22mg (11.22%), Fiber: 2.67g (10.68%), Vitamin B3: 1.95mg (9.74%), Magnesium: 34.01mg (8.5%), Iron: 1.39mg (7.7%), Vitamin B12: 0.46µg (7.6%), Copper: 0.14mg (7.16%), Vitamin B5: 0.7mg (7.04%), Zinc: 0.77mg (5.11%)