



Menorken Clam Chowder

 Gluten Free  Dairy Free

READY IN



135 min.

SERVINGS



30

CALORIES



69 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 10 ounce clam base canned
- 2.5 stalks celery chopped
- 3 bags clams chopped
- 6 ounces tony's creole seasoning
- 6 ounces sea salt
- 0.3 bottle hot sauce (recommended: Tabasco)
- 6 ounces juice of lemon
- 5 onions chopped

- 2 large cans potatoes peeled undrained
- 2 large restaurant-size cans tomatoes crushed canned
- 1 gallon water salted
- 6 ounces worcestershire sauce

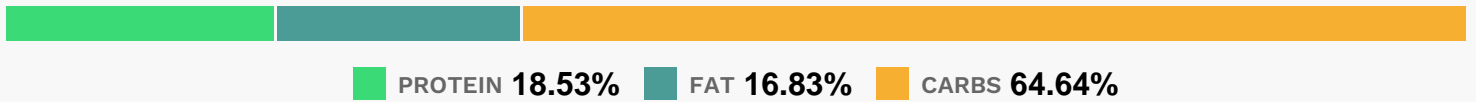
Equipment

- bowl
- ladle
- pot

Directions

- Combine all the ingredients in a large pot, and bring to a simmer over medium heat. The clams should be the last ingredient added. Stir occasionally and let simmer for 2 hours. Ladle into serving bowls and serve.
- Any unused portions can be frozen.

Nutrition Facts



Properties

Glycemic Index:8.16, Glycemic Load:1.24, Inflammation Score:-9, Nutrition Score:8.2830434156501%

Flavonoids

Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 68.6kcal (3.43%), Fat: 1.46g (2.25%), Saturated Fat: 0.4g (2.51%), Carbohydrates: 12.63g (4.21%), Net Carbohydrates: 10.05g (3.66%), Sugar: 3.95g (4.39%), Cholesterol: 0.41mg (0.14%), Sodium: 2357.5mg (102.5%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.24%), Vitamin A: 2480.88IU (49.62%), Vitamin B6: 0.29mg (14.43%), Vitamin C: 10.47mg (12.7%), Manganese: 0.25mg (12.36%), Vitamin E: 1.82mg (12.14%), Fiber: 2.58g (10.33%), Potassium: 335.65mg (9.59%), Iron: 1.36mg (7.55%), Phosphorus: 74.47mg (7.45%), Selenium: 4.63µg (6.62%), Vitamin K: 6.64µg (6.33%), Vitamin B2: 0.1mg (5.9%), Magnesium: 23.62mg (5.9%), Vitamin B1: 0.08mg (5.41%), Vitamin B3: 1mg (5%), Copper: 0.1mg (4.97%), Folate: 19.81µg (4.95%), Calcium: 35.54mg (3.55%), Zinc: 0.41mg (2.75%), Vitamin B12: 0.11µg (1.76%), Vitamin B5: 0.12mg (1.2%)