



Mexican Clam Chowder



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



212 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 14.5 oz canned tomatoes diced canned
- ☐ 15 oz vegetarian chili with beans low-fat canned
- ☐ 1 tablespoon chili powder
- ☐ 1 baby clams
- ☐ 10 oz corn kernels frozen
- ☐ 6 cups fat-skimmed chicken broth
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 cloves garlic minced pressed

- ☐ 1 teaspoons hot sauce
- ☐ 2 tablespoons juice of lime
- ☐ 1 tablespoon olive oil
- ☐ 0.5 lb onion peeled chopped
- ☐ 10 oz peas frozen
- ☐ 1.3 pounds thin-skinned potatoes red scrubbed
- ☐ 8 servings salt and pepper

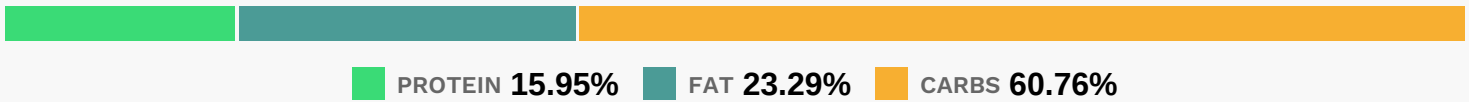
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle

Directions

- ☐ In a 5- to 6-quart pan over high heat, stir oil, onion, and garlic until onion is limp, about 5 minutes.
- ☐ Add chili powder and stir just until fragrant, about 30 seconds.
- ☐ Add broth, cover, and bring to a boil.
- ☐ Cut potatoes into 1/2-inch cubes.
- ☐ Add potatoes to boiling broth. Cover and return to a boil, then reduce heat and simmer until potatoes are tender when pierced, about 10 minutes.
- ☐ Add tomatoes with juice, chili, corn, peas, and clams with juice, stirring to mix. Turn heat to high, cover, and return to a boil.
- ☐ Add lime juice, hot sauce, cilantro, and salt and pepper to taste. Ladle soup into bowls.

Nutrition Facts



Properties

Glycemic Index:20.04, Glycemic Load:2.02, Inflammation Score:-8, Nutrition Score:16.400434722071%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.59mg, Quercetin: 6.59mg, Quercetin: 6.59mg, Quercetin: 6.59mg

Nutrients (% of daily need)

Calories: 212.43kcal (10.62%), Fat: 5.89g (9.06%), Saturated Fat: 1.68g (10.49%), Carbohydrates: 34.55g (11.52%), Net Carbohydrates: 26.81g (9.75%), Sugar: 8.02g (8.91%), Cholesterol: 9.12mg (3.04%), Sodium: 1360.27mg (59.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.07g (18.14%), Vitamin C: 30.79mg (37.32%), Fiber: 7.73g (30.93%), Potassium: 888.61mg (25.39%), Manganese: 0.49mg (24.5%), Phosphorus: 224.55mg (22.46%), Iron: 4mg (22.21%), Vitamin B6: 0.42mg (20.96%), Folate: 73.96µg (18.49%), Vitamin B3: 3.63mg (18.16%), Magnesium: 69.13mg (17.28%), Vitamin A: 838.94IU (16.78%), Copper: 0.33mg (16.52%), Vitamin B1: 0.25mg (16.5%), Vitamin K: 16.06µg (15.3%), Vitamin B5: 1.45mg (14.48%), Vitamin B2: 0.24mg (14.16%), Zinc: 2.08mg (13.85%), Vitamin E: 1.36mg (9.09%), Selenium: 6.25µg (8.93%), Calcium: 77.25mg (7.73%), Vitamin B12: 0.37µg (6.17%)