



Miso Clam Chowder

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



507 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup wine dry white
- ☐ 1 leaf flat parsley chopped
- ☐ 2 garlic clove chopped
- ☐ 1 cup cup heavy whipping cream
- ☐ 12 littleneck clams scrubbed
- ☐ 2 cups chicken broth
- ☐ 2 tablespoons miso
- ☐ 0.5 cup onion chopped

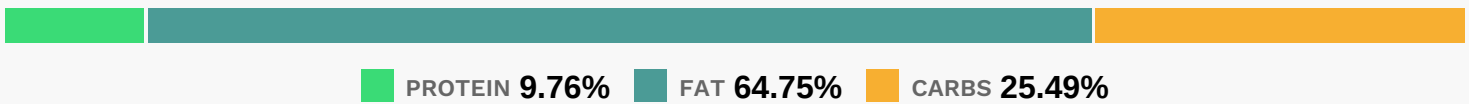
- ☐ 3 ounces pancetta italian chopped (bacon)
- ☐ 1 pound baking potatoes peeled cut into 1/2" cubes
- ☐ 4 servings all the tabasco sauce you handle
- ☐ 1 sprig thyme leaves
- ☐ 1 tablespoon butter unsalted

Equipment

Directions

- ☐ Melt 1 tablespoonunsalted butter in a largesaucepan over medium heat.
- ☐ Add 3 ounces chopped pancetta(Italian bacon). Cook untilslightly rendered, 5–6minutes.
- ☐ Add 1/2 cup choppedonion, 2 chopped garliccloves, and 1 sprig thyme.Cook, stirring often, untilonion is soft, 4–5 minutes.
- ☐ Add 1 cup dry white wine;bring to a boil. Reduceheat; simmer for 2 minutes.
- ☐ Add 1 pound russet potatoes,peeled and cut into 1/2"cubes, 2 cups low–saltchicken broth, 1 cup heavycream, and 2 tablespoons miso.Simmer until potatoes aretender, 20–30 minutes.
- ☐ Add 12 scrubbed littleneckclams. Cover; cook untilclams open, 5–7 minutes.Season with Tabasco;garnish with chopped flat–leafparsley.

Nutrition Facts



Properties

Glycemic Index:80.44, Glycemic Load:18.01, Inflammation Score:-8, Nutrition Score:12.961739166923%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg

Myricetin: 0.07mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

Nutrients (% of daily need)

Calories: 506.56kcal (25.33%), Fat: 34.16g (52.56%), Saturated Fat: 18.66g (116.63%), Carbohydrates: 30.26g (10.09%), Net Carbohydrates: 27.91g (10.15%), Sugar: 4.57g (5.07%), Cholesterol: 90.68mg (30.23%), Sodium: 525.71mg (22.86%), Alcohol: 6.18g (100%), Alcohol %: 1.9% (100%), Protein: 11.58g (23.17%), Vitamin B6: 0.57mg (28.6%), Potassium: 775.43mg (22.16%), Phosphorus: 209.04mg (20.9%), Vitamin A: 1031.05IU (20.62%), Vitamin B3: 3.89mg (19.45%), Manganese: 0.39mg (19.27%), Vitamin B12: 1.04µg (17.4%), Vitamin B2: 0.24mg (14.29%), Selenium: 9.44µg (13.49%), Vitamin B1: 0.19mg (12.57%), Copper: 0.25mg (12.43%), Magnesium: 48.23mg (12.06%), Vitamin C: 9.58mg (11.61%), Iron: 1.97mg (10.96%), Vitamin K: 11.14µg (10.61%), Fiber: 2.35g (9.39%), Calcium: 82.02mg (8.2%), Zinc: 1.22mg (8.16%), Vitamin D: 1.09µg (7.26%), Vitamin B5: 0.72mg (7.16%), Folate: 25.23µg (6.31%), Vitamin E: 0.78mg (5.22%)