



Miso Clam Chowder with Parsley Oil

 Gluten Free

READY IN



60 min.

SERVINGS



45

CALORIES



87 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 bay leaves
- ☐ 0.5 cup canola oil
- ☐ 2 rib celery
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 cup flat-leaf parsley leaves
- ☐ 3 garlic cloves
- ☐ 1 cup heavy cream
- ☐ 48 littleneck clams

- ☐ 1.5 tablespoon miso paste white
- ☐ 1 onion
- ☐ 45 servings salt and pepper freshly ground
- ☐ 6 ounce bacon thick-cut
- ☐ 1 teaspoon thyme leaves chopped
- ☐ 3 tablespoons butter unsalted
- ☐ 4.5 pounds yukon gold potatoes

Equipment

- ☐ bowl
- ☐ pot
- ☐ blender
- ☐ slotted spoon

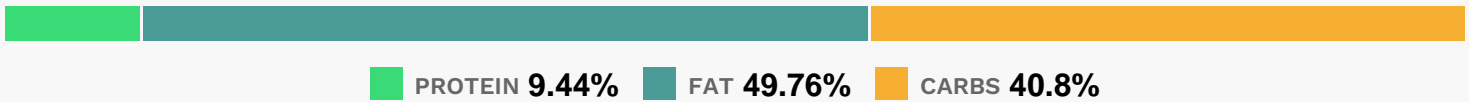
Directions

- ☐ In a soup pot, bring the wine and 1 1/2 cups of water to a boil.
- ☐ Add the clams, cover and cook over high heat until the clams open, 8 to 10 minutes. Using a slotted spoon, transfer the clams to a bowl; discard any that do not open.
- ☐ Remove the clams from their shells and rinse to remove any sand, then coarsely chop them. Strain the broth into a heatproof bowl, stopping before you reach the sand at the bottom; you should have 3 cups.
- ☐ Rinse out the pot and dry it.
- ☐ Add the butter and bacon and cook over moderately high heat, stirring occasionally, until the bacon is crisp and golden, about 6 minutes.
- ☐ Add the chopped onion, garlic, celery, thyme and bay leaves and cook until the vegetables are tender, about 5 minutes. Stir in the miso. Gradually add the clam broth.
- ☐ Add the cream and 1 cup of water to the pot and bring to a simmer.
- ☐ Add the potato cubes and season lightly with salt and pepper. Simmer over low heat for about 8 minutes, until the potatoes are tender.

- ☐
- Meanwhile, in a blender, combine the parsley with 1/4 cup of water and puree until finely chopped.

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Nutrition Facts



Properties

Glycemic Index:7.84, Glycemic Load:5.99, Inflammation Score:-3, Nutrition Score:4.4556521695593%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 86.82kcal (4.34%), Fat: 4.78g (7.35%), Saturated Fat: 2.26g (14.13%), Carbohydrates: 8.81g (2.94%), Net Carbohydrates: 7.68g (2.79%), Sugar: 0.69g (0.76%), Cholesterol: 11.15mg (3.72%), Sodium: 246.51mg (10.72%), Alcohol: 0.27g (100%), Alcohol %: 0.51% (100%), Protein: 2.04g (4.07%), Vitamin K: 23.53µg (22.41%), Vitamin C: 11.06mg (13.4%), Vitamin B6: 0.16mg (7.77%), Potassium: 220.02mg (6.29%), Vitamin B12: 0.28µg (4.71%), Manganese: 0.09mg (4.51%), Vitamin A: 225.56IU (4.51%), Fiber: 1.13g (4.51%), Phosphorus: 42.26mg (4.23%), Vitamin B1: 0.05mg (3.44%), Vitamin B3: 0.67mg (3.36%), Magnesium: 13.29mg (3.32%), Iron: 0.54mg (2.97%), Copper: 0.06mg (2.95%), Selenium: 1.83µg (2.62%), Folate: 10.28µg (2.57%), Vitamin B2: 0.03mg (1.93%), Vitamin B5: 0.19mg (1.86%), Zinc: 0.24mg (1.61%), Calcium: 13.9mg (1.39%), Vitamin E: 0.2mg (1.36%)