



New England Clam and Corn Chowder with Herbs

READY IN



40 min.

SERVINGS



4

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons all purpose flour
- ☐ 6 bacon thick
- ☐ 2 large carrots peeled chopped
- ☐ 8.8 ounce corn kernels drained canned
- ☐ 0.8 teaspoon rosemary dried crushed
- ☐ 1.3 teaspoons thyme leaves dried
- ☐ 4 servings parsley fresh chopped
- ☐ 19.5 ounce clams in juice chopped canned

- ☐ 1 large onion chopped
- ☐ 8 ounce white-skinned potato unpeeled cut into 1/2-inch cubes
- ☐ 4 cups milk whole

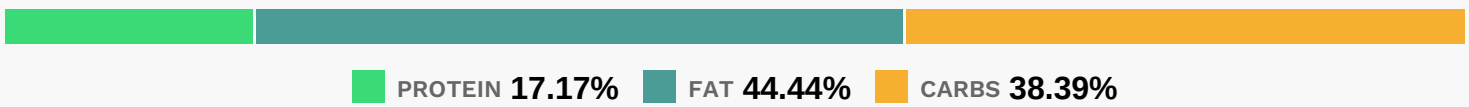
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan

Directions

- ☐ Cook bacon in large saucepan overmedium heat until crisp.
- ☐ Transfer bacon to paper towels to drain.
- ☐ Pour out all but 3tablespoons drippings from pan.
- ☐ Add next4 ingredients to pan; sprinkle with salt andpepper. Sauté until vegetables are crisp-tender,about 5 minutes.
- ☐ Sprinkle flourover; stir 1 to 2 minutes. Gradually addmilk to pan, stirring constantly. Bring toboil; reduce heat to medium and cook untilslightly thickened, stirring often, about 5minutes.
- ☐ Add potatoes, clams with juice,and drained corn. Bring to boil; reduce heatto medium-low and simmer until potatoesare tender, stirring often, about 10 minutes.Season to taste with salt and pepper.
- ☐ Divide soup among bowls, sprinklewith bacon and parsley, and serve.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:99.9, Glycemic Load:16.84, Inflammation Score:-10, Nutrition Score:28.043043468309%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 8.1mg, Quercetin: 8.1mg, Quercetin: 8.1mg, Quercetin: 8.1mg

Nutrients (% of daily need)

Calories: 439.65kcal (21.98%), Fat: 22.15g (34.08%), Saturated Fat: 9.18g (57.39%), Carbohydrates: 43.04g (14.35%), Net Carbohydrates: 38.5g (14%), Sugar: 18.28g (20.31%), Cholesterol: 57.28mg (19.09%), Sodium: 482.19mg (20.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.26g (38.51%), Vitamin A: 6863.05IU (137.26%), Vitamin K: 77.73µg (74.03%), Vitamin B12: 3.83µg (63.75%), Phosphorus: 428.36mg (42.84%), Calcium: 351.53mg (35.15%), Vitamin B2: 0.51mg (29.95%), Selenium: 20.3µg (29.01%), Potassium: 962.29mg (27.49%), Vitamin C: 22.55mg (27.33%), Vitamin B6: 0.53mg (26.59%), Vitamin B1: 0.39mg (25.96%), Vitamin D: 2.82µg (18.77%), Vitamin B3: 3.67mg (18.36%), Fiber: 4.54g (18.16%), Manganese: 0.36mg (17.9%), Magnesium: 70.32mg (17.58%), Vitamin B5: 1.7mg (16.97%), Folate: 64.31µg (16.08%), Zinc: 2.11mg (14.07%), Iron: 2.17mg (12.05%), Copper: 0.16mg (7.83%), Vitamin E: 0.77mg (5.12%)