



WHATSheATE



New England Clam Chowder

READY IN



30 min.

SERVINGS



4

CALORIES



280 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 slice applewood-smoked bacon finely chopped
- ☐ 1 bay leaf
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup celery finely chopped
- ☐ 8 ounce bottled clam juice
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 1 cup half-and-half

- ☐ 0.3 teaspoon kosher salt
- ☐ 50 littleneck clams scrubbed
- ☐ 0.5 cup oyster crackers
- ☐ 2 cups potatoes diced refrigerated with onion (such as simply potatoes)
- ☐ 2 thyme sprigs
- ☐ 2.3 cups water divided

Equipment

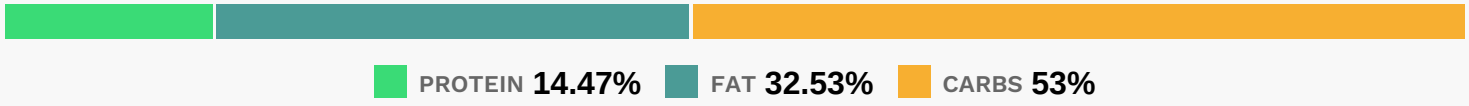
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ microwave
- ☐ measuring cup
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Combine potato mixture and 1 1/4 cups water in a microwave-safe measuring cup. Microwave at HIGH 8 minutes or until potatoes are tender. Set aside.
- ☐ While potatoes cook, combine remaining 1 cup water, clams, thyme sprigs, and bay leaf in a Dutch oven; bring to a boil over medium-high heat. Cover, reduce heat, and simmer 6 minutes or until shells open.
- ☐ Remove clams from pan using a slotted spoon, and discard any unopened shells. Strain the cooking liquid through a fine mesh sieve over a bowl; discard solids. Cool clams slightly.
- ☐ Remove meat from shells, and chop. Discard shells.
- ☐ Heat a medium saucepan over medium heat.
- ☐ Add bacon to pan, and cook for 4 minutes or until browned and crisp, stirring occasionally.
- ☐ Remove bacon from pan using a slotted spoon. Increase heat to medium-high.

- ☐
- Add the celery to drippings in pan; saut 3 minutes or until tender, stirring occasionally.
- ☐
- Combine flour and bottled clam juice in a small bowl, stirring with a whisk until smooth.
- ☐
- Add clam juice mixture and reserved cooking liquid to pan. Bring mixture to a boil; cook 1 minute, stirring constantly with a whisk.
- ☐
- Add reserved potato mixture and chopped thyme to pan; reduce heat, and simmer for 5 minutes, stirring occasionally.
- ☐
- Remove from heat. Stir in chopped clams, half-and-half, and salt. Divide chowder evenly among 4 bowls; sprinkle evenly with bacon, pepper, and chives.
- ☐
- Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:96.19, Glycemic Load:16.91, Inflammation Score:-8, Nutrition Score:14.251739166353%

Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 280.21kcal (14.01%), Fat: 10.19g (15.68%), Saturated Fat: 5.18g (32.35%), Carbohydrates: 37.37g (12.46%), Net Carbohydrates: 34.12g (12.41%), Sugar: 5.47g (6.07%), Cholesterol: 32.68mg (10.89%), Sodium: 514.85mg (22.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.2g (20.41%), Vitamin B12: 3.13µg (52.18%), Vitamin C: 26.5mg (32.13%), Vitamin B6: 0.41mg (20.69%), Selenium: 14.17µg (20.24%), Phosphorus: 200.02mg (20%), Potassium: 652.86mg (18.65%), Manganese: 0.34mg (16.96%), Vitamin B1: 0.22mg (14.71%), Vitamin B2: 0.24mg (14.18%), Fiber: 3.25g (12.98%), Iron: 2.19mg (12.18%), Folate: 48.14µg (12.04%), Vitamin B3: 2.38mg (11.88%), Magnesium: 46.1mg (11.52%), Calcium: 108.93mg (10.89%), Vitamin A: 520.67IU (10.41%), Copper: 0.2mg (10.09%), Vitamin K: 9.78µg (9.32%), Vitamin B5: 0.69mg (6.93%), Zinc: 0.92mg (6.12%), Vitamin E: 0.53mg (3.54%)