



New England Clam Chowder

 **Gluten Free**

READY IN



100 min.

SERVINGS



12

CALORIES



318 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 teaspoon basil
- 1 cup carrots diced
- 1 cup celery diced
- 2 cups clams drained chopped
- 0.5 teaspoon garlic chopped
- 1 cup onions diced
- 0.5 teaspoon oregano
- 3 large potatoes diced peeled

- 0.8 ounce salad oil
- 0.5 teaspoon salt
- 0.8 gallon clam stock
- 1 teaspoon thyme leaves
- 0.8 pound roux

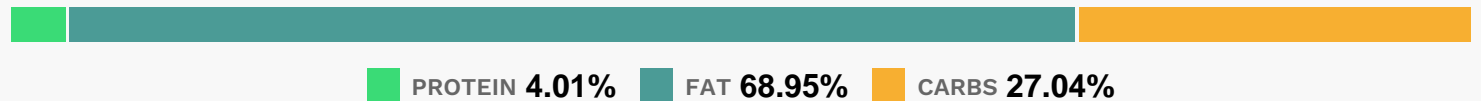
Equipment

- pot

Directions

- In large pot saute the oil and garlic about 2 minutes.
- Add diced vegetables and saute for 10 minutes or until vegetables are tender.
- Add herbs and salt.
- Add clam stock and bring to a boil.
- Add potatoes and bring to a boil again.
- Add roux and chopped clams, reduce heat and simmer for one hour.

Nutrition Facts



Properties

Glycemic Index:38.47, Glycemic Load:13.89, Inflammation Score:-9, Nutrition Score:9.7543479048687%

Flavonoids

Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg

Nutrients (% of daily need)

Calories: 318.13kcal (15.91%), Fat: 24.96g (38.4%), Saturated Fat: 14.75g (92.2%), Carbohydrates: 22.02g (7.34%), Net Carbohydrates: 19.27g (7.01%), Sugar: 3.94g (4.37%), Cholesterol: 62.65mg (20.88%), Sodium: 1248.93mg

(54.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.27g (6.53%), Vitamin A: 3060.85IU (61.22%), Vitamin C: 20.36mg (24.68%), Vitamin B6: 0.31mg (15.68%), Potassium: 475.87mg (13.6%), Vitamin B12: 0.69µg (11.49%), Fiber: 2.75g (11%), Manganese: 0.2mg (9.82%), Vitamin K: 9.48µg (9.03%), Phosphorus: 80.74mg (8.07%), Vitamin E: 1.13mg (7.51%), Magnesium: 26.93mg (6.73%), Vitamin B1: 0.09mg (6.1%), Folate: 23.76µg (5.94%), Copper: 0.12mg (5.88%), Vitamin B3: 1.16mg (5.8%), Iron: 0.96mg (5.32%), Vitamin B5: 0.38mg (3.81%), Selenium: 2.43µg (3.47%), Vitamin B2: 0.06mg (3.38%), Calcium: 32.34mg (3.23%), Zinc: 0.39mg (2.59%)