



New England Clam Chowder

READY IN



50 min.

SERVINGS



4

CALORIES



1480 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 4 cups bottled clam juice
- 3 pounds essex clams chopped
- 1 quart cup heavy whipping cream
- 4 servings flour
- 1 large onion chopped
- 4 servings pepper freshly ground
- 8 small potatoes diced red
- 1 Dash salt

- 1 large piece salt pork
- 1 cup water

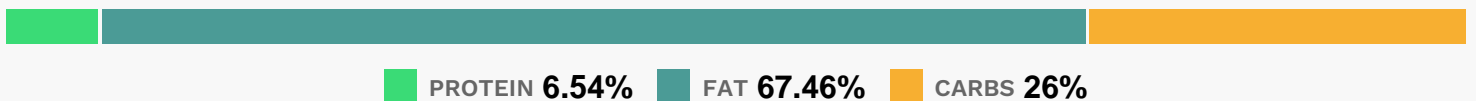
Equipment

- whisk
- pot
- stove

Directions

- Add the salt pork and 1 cup water into pot. Simmer for about 10 minutes
- Add large onion chopped to the pot, let simmer for about 20 minutes until the onions are translucent. The longer you let simmer the more flavor blends. At this point add the potatoes and clam juice to the pot. The clam juice should cover the potatoes.
- Cover the pot and let simmer until the potatoes become tender not mushy. Then add the clams, butter, dash of salt and fresh ground pepper. Cover pot and let simmer for 5 minutes, then turn stove off and let set the chowder sit on the stove.
- At this point if I'm making it a day ahead which I usually do because the flavors seem to blend better, this would be the stock. Pack it in ice to chill quickly then refrigerate.
- If serving the same day, add the cream and whisk in the flour to the desired thickness.
- Serve with fresh ground pepper and chowder crackers.

Nutrition Facts



Properties

Glycemic Index:52.75, Glycemic Load:5.42, Inflammation Score:-10, Nutrition Score:36.559565005095%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.82mg, Quercetin: 9.82mg, Quercetin: 9.82mg, Quercetin: 9.82mg

Nutrients (% of daily need)

Calories: 1479.59kcal (73.98%), Fat: 112.76g (173.48%), Saturated Fat: 65.6g (410.01%), Carbohydrates: 97.8g (32.6%), Net Carbohydrates: 90.21g (32.8%), Sugar: 20.74g (23.05%), Cholesterol: 319.2mg (106.4%), Sodium: 1740.43mg (75.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.59g (49.17%), Vitamin B12: 6.3µg (105%), Vitamin A: 4183.48IU (83.67%), Potassium: 2088.08mg (59.66%), Vitamin C: 45.26mg (54.87%), Phosphorus: 505.5mg (50.55%), Vitamin B6: 0.88mg (43.95%), Selenium: 29.61µg (42.31%), Vitamin B2: 0.66mg (39.06%), Manganese: 0.71mg (35.72%), Vitamin B1: 0.51mg (34.03%), Copper: 0.63mg (31.3%), Fiber: 7.59g (30.37%), Magnesium: 120.94mg (30.23%), Vitamin B3: 5.68mg (28.39%), Folate: 113.47µg (28.37%), Vitamin D: 3.84µg (25.57%), Iron: 4.45mg (24.71%), Calcium: 244.13mg (24.41%), Vitamin E: 2.99mg (19.96%), Vitamin B5: 1.96mg (19.63%), Vitamin K: 18.36µg (17.48%), Zinc: 2.49mg (16.63%)