



food
network

New England Clam Chowder

READY IN



35 min.

SERVINGS



4

CALORIES



428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 1 tablespoon canola oil
- 13 2 (6.5-ounce) cans minced clams minced drained canned
- 2 tablespoons flour all-purpose
- 1 teaspoon thyme leaves fresh chopped
- 1 cup regular corn frozen
- 1 tablespoons garlic chopped
- 4 servings salt and ground pepper fresh black
- 4 cups milk

- 1 medium onion diced
- 3 russet potatoes peeled quartered cut into 1/4 slices

Equipment

- food processor
- bowl
- pot
- blender

Directions

- In a large pot, over medium heat, add the butter and the oil. Once the butter is melted add the onions and garlic and cook for 3 to 4 minutes until slightly tender.
- Mix in the flour and cook until the flour is a very pale golden color, about 2 to 3 minutes.
- Add the potatoes and thyme. Stir in the milk and the juice from the canned clams. Reduce the heat and simmer until the potatoes are cooked through, about 10 minutes.
- Remove 2 cups of the chowder and puree in a blender* until smooth.
- Add pureed chowder, clams and corn to the pot. Season with salt and pepper, to taste, and let simmer for another 5 minutes.
- Transfer to individual soup bowls or a large soup bowl and serve.
- Remove liquid from the heat and allow to cool for at least 5 minutes.
- Transfer liquid to a blender or food processor and fill it no more than halfway. If using a blender, release one corner of the lid. This prevents the vacuum effect that creates heat explosions.
- Place a towel over the top of the machine, pulse a few times then process on high speed until smooth.

Nutrition Facts



PROTEIN 13.27% **FAT 35.73%** **CARBS 51%**

Properties

Glycemic Index:102.19, Glycemic Load:29.96, Inflammation Score:-8, Nutrition Score:19.596086978912%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 428.41kcal (21.42%), Fat: 17.59g (27.06%), Saturated Fat: 8.52g (53.25%), Carbohydrates: 56.48g (18.83%), Net Carbohydrates: 52.54g (19.11%), Sugar: 13.93g (15.48%), Cholesterol: 46.38mg (15.46%), Sodium: 153.18mg (6.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.69g (29.39%), Vitamin B6: 0.84mg (41.81%), Phosphorus: 401.16mg (40.12%), Vitamin B12: 2.1µg (35.01%), Potassium: 1214.81mg (34.71%), Calcium: 339.85mg (33.99%), Vitamin B2: 0.46mg (27.15%), Vitamin B1: 0.36mg (23.86%), Manganese: 0.45mg (22.37%), Magnesium: 85.71mg (21.43%), Vitamin C: 15.54mg (18.83%), Vitamin D: 2.68µg (17.89%), Vitamin B5: 1.6mg (15.95%), Fiber: 3.94g (15.75%), Vitamin B3: 2.91mg (14.54%), Selenium: 9.46µg (13.52%), Folate: 51.81µg (12.95%), Zinc: 1.9mg (12.67%), Vitamin A: 618.96IU (12.38%), Iron: 2.13mg (11.83%), Copper: 0.22mg (10.89%), Vitamin K: 6.93µg (6.6%), Vitamin E: 0.97mg (6.46%)