



New England Clam Chowder

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



342 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 cups clams with juices minced
- ☐ 1 cup heavy whipping cream
- ☐ 0.3 cup onion minced
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 1 large potatoes cubed peeled
- ☐ 0.5 teaspoon salt
- ☐ 2 cups water

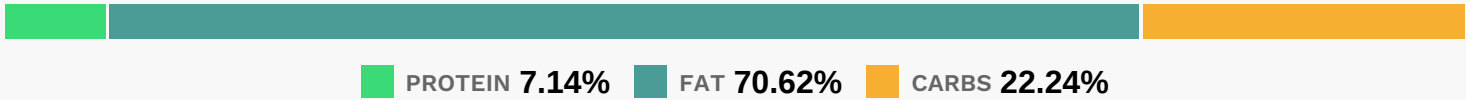
Equipment

☐ sauce pan

Directions

- ☐ Combine first 5 ingredients in a large saucepan over medium-high heat; bring to a boil. Cover and simmer 10 minutes or until potato is tender.
- ☐ Add clams, and return mixture to a boil, stirring occasionally.
- ☐ Remove from heat, and let stand 20 minutes.
- ☐ Stir in cream and butter. Cook over low heat, stirring constantly, until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:54.94, Glycemic Load:12.19, Inflammation Score:-7, Nutrition Score:9.8673912131268%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg

Nutrients (% of daily need)

Calories: 342.48kcal (17.12%), Fat: 27.42g (42.18%), Saturated Fat: 17.34g (108.4%), Carbohydrates: 19.43g (6.48%), Net Carbohydrates: 17.2g (6.25%), Sugar: 2.89g (3.21%), Cholesterol: 87.39mg (29.13%), Sodium: 373.17mg (16.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.24g (12.48%), Vitamin B12: 2.03µg (33.85%), Vitamin C: 19.27mg (23.36%), Vitamin A: 1103.38IU (22.07%), Vitamin B6: 0.31mg (15.36%), Potassium: 470.73mg (13.45%), Phosphorus: 125.58mg (12.56%), Selenium: 7.4µg (10.57%), Manganese: 0.19mg (9.29%), Vitamin B2: 0.15mg (9.03%), Fiber: 2.23g (8.92%), Magnesium: 31.16mg (7.79%), Copper: 0.14mg (7%), Calcium: 65.24mg (6.52%), Vitamin D: 0.95µg (6.35%), Vitamin B1: 0.09mg (6.22%), Iron: 1.09mg (6.07%), Vitamin E: 0.84mg (5.59%), Vitamin B3: 1.09mg (5.43%), Folate: 20.12µg (5.03%), Vitamin B5: 0.47mg (4.72%), Vitamin K: 4.43µg (4.21%), Zinc: 0.53mg (3.56%)