



New England Clam Chowder II

READY IN



50 min.

SERVINGS



4

CALORIES



390 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 slices bacon
- 1 cup bottled clam juice
- 12 ounce clams minced canned
- 1 tablespoon flour all-purpose
- 2 tablespoons parsley fresh chopped
- 1 cup half and half
- 0.5 cup onion chopped
- 4 potatoes cubed peeled
- 4 servings salt and pepper to taste

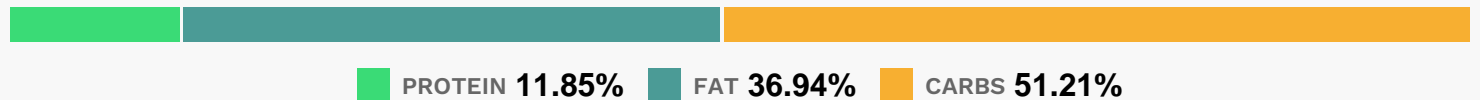
Equipment

- frying pan
- paper towels
- sauce pan
- whisk

Directions

- In a large saucepan over medium high heat, fry the bacon until crisp, about 10 minutes.
- Drain on paper towels, reserving the bacon fat in the pan, crumble and set aside.
- In the same saucepan with the bacon fat, saute the onion and potatoes for 3 to 5 minutes.
- Sprinkle with the flour and stir well to coat.
- Pour in the clam juice, bring to a boil, reduce heat to low and simmer for about 15 minutes, or until potatoes are tender.
- Add the half-and-half and minced clams and season with salt and pepper to taste. Finally, whisk in the heavy cream, if desired. Allow to heat through, about 5 minutes.
- Garnish with the parsley and crumbled bacon. (Note: Do not boil if adding cream.)

Nutrition Facts



Properties

Glycemic Index:61.19, Glycemic Load:28.83, Inflammation Score:-7, Nutrition Score:18.692173856756%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 5.56mg, Quercetin: 5.56mg, Quercetin: 5.56mg, Quercetin: 5.56mg

Nutrients (% of daily need)

Calories: 389.91kcal (19.5%), Fat: 16.18g (24.89%), Saturated Fat: 7.27g (45.45%), Carbohydrates: 50.45g (16.82%), Net Carbohydrates: 45.07g (16.39%), Sugar: 6.99g (7.76%), Cholesterol: 39.52mg (13.17%), Sodium: 612.33mg (26.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.68g (23.35%), Vitamin C: 49.6mg (60.12%), Vitamin B6: 0.78mg (39.06%), Vitamin K: 37.74µg (35.95%), Potassium: 1120.99mg (32.03%), Vitamin B12: 1.68µg (28.07%), Phosphorus: 251.32mg (25.13%), Fiber: 5.38g (21.52%), Manganese: 0.4mg (20.05%), Vitamin B1: 0.29mg (19.28%), Vitamin B3: 3.54mg (17.69%), Selenium: 11.88µg (16.96%), Magnesium: 66.48mg (16.62%), Copper: 0.28mg (14.11%), Vitamin B2: 0.23mg (13.66%), Iron: 2.33mg (12.95%), Folate: 51.54µg (12.88%), Calcium: 108.86mg (10.89%), Vitamin A: 521.85IU (10.44%), Vitamin B5: 1.04mg (10.36%), Zinc: 1.29mg (8.63%), Vitamin E: 0.44mg (2.93%)