



New England-Style Clam Chowder

 **Gluten Free**

READY IN

ready

90 min.

SERVINGS

servings

10

CALORIES

calories

355 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 bay leaves
- ☐ 3 tablespoons butter
- ☐ 3 ribs celery diced
- ☐ 1 teaspoon celery salt
- ☐ 5 cups bottled clam juice
- ☐ 1.5 pounds clams fresh shelled chopped
- ☐ 1 teaspoon tarragon dried
- ☐ 0.3 teaspoon optional: dill fresh chopped

- ☐ 10 sprigs parsley fresh for garnish
- ☐ 1 clove garlic minced
- ☐ 10 servings salt and ground pepper black to taste
- ☐ 2 cups heavy cream
- ☐ 1 onion diced spanish
- ☐ 5 potatoes peeled cut into 3/4 inch cubes
- ☐ 4 inch salt pork
- ☐ 5 dashes worcestershire sauce

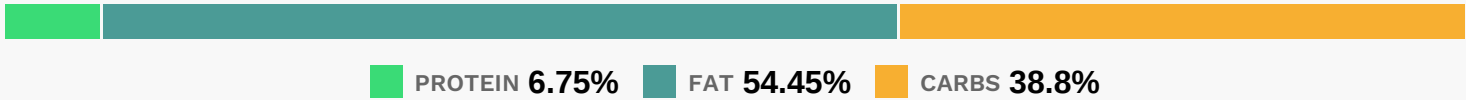
Equipment

- ☐ pot

Directions

- ☐ Melt butter in a stockpot over medium-high heat; cook and stir salt pork, celery, onion, and garlic in melted butter until softened, about 7 minutes.
- ☐ Add potatoes, clam juice, tarragon, celery salt, and bay leaves to the stockpot. Bring the mixture to a boil, reduce heat to medium, and place a cover on the pot. Cook at a simmer until potatoes are tender, about 35 minutes.
- ☐ Stir clams into the soup and simmer uncovered for 5 minutes.
- ☐ Add Worcestershire sauce, heavy cream, dill, salt, and pepper; stir and cook another 7 minutes.
- ☐ Remove the pot from heat.
- ☐ Remove and discard bay leaves.
- ☐ Garnish with parsley to serve.

Nutrition Facts



Properties

Glycemic Index:39.88, Glycemic Load:14.11, Inflammation Score:-7, Nutrition Score:12.29608701623%

Flavonoids

Apigenin: 2.5mg, Apigenin: 2.5mg, Apigenin: 2.5mg, Apigenin: 2.5mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg

Nutrients (% of daily need)

Calories: 355.29kcal (17.76%), Fat: 21.9g (33.69%), Saturated Fat: 13.47g (84.18%), Carbohydrates: 35.1g (11.7%), Net Carbohydrates: 31.82g (11.57%), Sugar: 6.83g (7.59%), Cholesterol: 66.75mg (22.25%), Sodium: 757.31mg (32.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.1g (12.22%), Vitamin C: 29.97mg (36.32%), Vitamin A: 1162.82IU (23.26%), Vitamin K: 23.99µg (22.85%), Vitamin B6: 0.44mg (21.86%), Vitamin B12: 1.27µg (21.25%), Potassium: 670.78mg (19.17%), Manganese: 0.27mg (13.71%), Phosphorus: 131.29mg (13.13%), Fiber: 3.28g (13.12%), Magnesium: 39.79mg (9.95%), Folate: 37.64µg (9.41%), Vitamin B2: 0.16mg (9.33%), Vitamin B1: 0.13mg (8.9%), Copper: 0.18mg (8.77%), Iron: 1.45mg (8.07%), Selenium: 5.61µg (8.01%), Vitamin B3: 1.57mg (7.85%), Calcium: 71.53mg (7.15%), Vitamin B5: 0.61mg (6.07%), Vitamin E: 0.79mg (5.26%), Vitamin D: 0.76µg (5.09%), Zinc: 0.64mg (4.28%)