



New! New England Clam Chowder

READY IN



55 min.

SERVINGS



6

CALORIES



495 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 bay leaf
- 2 ounces canadian bacon diced
- 2 cups celery diced
- 3 tablespoons flour all-purpose
- 2 teaspoons thyme leaves fresh chopped
- 2 21-pound containers frozen clams packed in their own juice frozen packed in their own juice, thawed, juice reserved
- 3 large cloves garlic finely chopped
- 2 tablespoons heavy cream

- 6 servings kosher salt and pepper freshly ground
- 2 cups milk low-fat cold (1 percent)
- 1 tablespoon olive oil
- 2 cups onion chopped
- 1.3 pounds russet potatoes cut into 1/2-inch dice

Equipment

- bowl
- whisk
- pot

Directions

- Heat 1 teaspoon of the oil in a large soup pot over medium-high heat.
- Add the Canadian bacon and cook, stirring frequently, until crisp, 3 to 4 minutes.
- Transfer the bacon to a plate.
- Add the remaining 1 tablespoon oil, the onion, celery, 3/4 teaspoon salt and 1/2 teaspoon pepper to the pot and cook over medium heat, stirring occasionally, until the vegetables have softened, about 6 minutes.
- Add the garlic and thyme and cook, stirring, for 1 minute more.
- Add 1 1/2 cups water, the reserved clam juice (about 1 1/2 cups), the potatoes and bay leaf and bring to a boil. Partially cover the pot and simmer, stirring occasionally, until the potatoes are tender, about 15 minutes.
- Whisk the milk, cream and flour in a bowl until the flour is dissolved. Slowly add the mixture to the pot, stirring constantly. While stirring, bring the soup to a simmer (do not boil). Reduce the heat to medium low and cook, stirring occasionally, until thickened, about 8 minutes.
- Add the clams and simmer 2 minutes more. Discard the bay leaf.
- Add salt and pepper to taste.
- Right before serving, stir in the bacon.
- Serve with the hot sauce.

Per serving: Calories 312; Fat 8g (Saturated 2g); Cholesterol 66mg; Sodium 510mg; Carbohydrate 33g; Fiber 3g; Protein 27g

Photograph by Yunhee Kim

Nutrition Facts

PROTEIN 6.46% **FAT 10.27%** **CARBS 83.27%**

Properties

Glycemic Index:48.96, Glycemic Load:16.92, Inflammation Score:-8, Nutrition Score:16.791304370631%

Flavonoids

Apigenin: 0.98mg, Apigenin: 0.98mg, Apigenin: 0.98mg, Apigenin: 0.98mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 10.98mg, Quercetin: 10.98mg, Quercetin: 10.98mg, Quercetin: 10.98mg

Nutrients (% of daily need)

Calories: 495.05kcal (24.75%), Fat: 5.79g (8.9%), Saturated Fat: 2.2g (13.75%), Carbohydrates: 105.58g (35.19%), Net Carbohydrates: 102.38g (37.23%), Sugar: 69g (76.66%), Cholesterol: 14.31mg (4.77%), Sodium: 351.28mg (15.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.19g (16.37%), Vitamin C: 78.36mg (94.98%), Vitamin B6: 0.59mg (29.73%), Manganese: 0.52mg (26.17%), Potassium: 807.08mg (23.06%), Phosphorus: 196.73mg (19.67%), Vitamin B1: 0.29mg (19.47%), Calcium: 163.4mg (16.34%), Vitamin B2: 0.27mg (15.9%), Vitamin B5: 1.51mg (15.13%), Magnesium: 51.71mg (12.93%), Vitamin K: 13.46µg (12.82%), Fiber: 3.19g (12.78%), Folate: 44.87µg (11.22%), Vitamin B3: 2.13mg (10.65%), Iron: 1.83mg (10.19%), Vitamin A: 463IU (9.26%), Vitamin B12: 0.55µg (9.19%), Selenium: 6.43µg (9.18%), Copper: 0.18mg (8.92%), Vitamin D: 1.21µg (8.07%), Zinc: 1.05mg (6.99%), Vitamin E: 0.53mg (3.55%)