



## No-Cream Clam Chowder

READY IN



37 min.

SERVINGS



4

CALORIES



288 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 slices bacon smoked chopped
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 carrots chopped
- ☐ 1 rib celery with leaves, chopped
- ☐ 8 ounce bottled clam juice
- ☐ 48 clams in shells scrubbed
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 1 large ear corn fresh
- ☐ 3 tablespoons flour all-purpose

- ☐ 3 cups milk 2% reduced-fat
- ☐ 1 medium size onion chopped
- ☐ 2 tablespoons parsley fresh italian chopped
- ☐ 0.8 pound potatoes red chopped
- ☐ 0.3 teaspoon salt

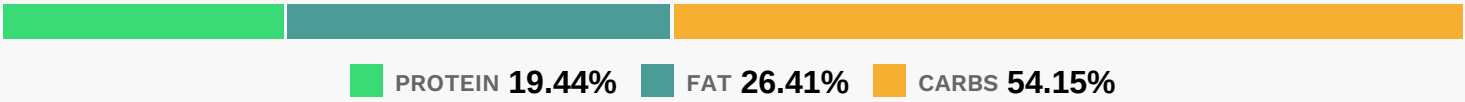
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ sieve

## Directions

- ☐ Bring 1 cup water to a boil in a large skillet.
- ☐ Add clams, cover, and steam 5 to 7 minutes or until shells open; discard any that do not.
- ☐ Drain clams, reserving cooking liquid.
- ☐ Pour cooking liquid through a fine wire-mesh sieve into a bowl, and set aside.
- ☐ Cook bacon in a large saucepan over medium-high heat until crisp; drain on paper towels, reserving 2 teaspoons drippings in saucepan.
- ☐ Saut carrots, onion, and celery in hot drippings over medium-high heat 5 minutes or until tender.
- ☐ Add reserved clam cooking liquid, clam juice, and next 5 ingredients; bring to a boil. Reduce heat and simmer, uncovered, over medium heat 8 minutes or until potatoes are tender.
- ☐ Meanwhile, shuck clams and coarsely chop the meat.
- ☐ Whisk together milk and flour in a small bowl; add to saucepan, and bring to a simmer, stirring occasionally. (Do not boil.)
- ☐ Add bacon and clams, and cook 1 to 2 minutes or just until heated through. Stir in parsley.

## Nutrition Facts



## Properties

Glycemic Index:67.96, Glycemic Load:4.92, Inflammation Score:-10, Nutrition Score:22.182173989389%

## Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 6.21mg, Quercetin: 6.21mg, Quercetin: 6.21mg, Quercetin: 6.21mg

## Nutrients (% of daily need)

Calories: 288.37kcal (14.42%), Fat: 8.53g (13.13%), Saturated Fat: 3.8g (23.77%), Carbohydrates: 39.38g (13.13%), Net Carbohydrates: 36.08g (13.12%), Sugar: 14.58g (16.2%), Cholesterol: 28.98mg (9.66%), Sodium: 560.1mg (24.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.14g (28.28%), Vitamin A: 5621.56IU (112.43%), Vitamin B12: 3.86µg (64.3%), Vitamin K: 42.24µg (40.23%), Phosphorus: 313.19mg (31.32%), Calcium: 258.92mg (25.89%), Vitamin B2: 0.44mg (25.61%), Potassium: 877.1mg (25.06%), Selenium: 17.09µg (24.41%), Vitamin C: 17.07mg (20.69%), Vitamin B6: 0.36mg (17.94%), Vitamin B1: 0.26mg (17.57%), Manganese: 0.33mg (16.63%), Magnesium: 56.32mg (14.08%), Folate: 54.83µg (13.71%), Fiber: 3.29g (13.18%), Vitamin B3: 2.5mg (12.51%), Vitamin B5: 1.16mg (11.65%), Zinc: 1.63mg (10.84%), Iron: 1.9mg (10.54%), Copper: 0.2mg (9.88%), Vitamin E: 0.58mg (3.86%)