



Plum Island Sound Clam Chowder

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



222 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bay leaves
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 teaspoons butter
- ☐ 0.5 cup celery chopped
- ☐ 16 ounce bottled clam juice
- ☐ 26 ounce clams chopped canned
- ☐ 1.5 tablespoons sherry dry
- ☐ 2.3 cups evaporated milk fat-free

- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 tablespoon thyme sprigs fresh
- ☐ 1.5 cups milk 1% low-fat
- ☐ 0.8 cup onion chopped
- ☐ 2 cups potatoes – remove skin red cubed
- ☐ 0.5 teaspoon salt
- ☐ 5 slices bacon cut into 1/2-inch pieces

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon
- ☐ dutch oven
- ☐ colander

Directions

- ☐ Drain clams in a colander over a bowl, reserving juice.
- ☐ Add bottled clam juice to reserved juice to equal 3 1/2 cups. Set aside clams and juice.
- ☐ Cook bacon in a Dutch oven over medium heat until crisp, stirring occasionally.
- ☐ Remove bacon from pan with a slotted spoon, reserving 2 teaspoons drippings in pan. Return bacon to pan; increase heat to medium-high.
- ☐ Add onion, celery, and butter; saut 6 minutes or until vegetables are tender.
- ☐ Add clam juice mixture, potato, and next 4 ingredients (through bay leaf); bring to a boil. Cover, reduce heat, and simmer 15 minutes or until potato is tender. Stir in clams, evaporated milk, 1% milk, and sherry. Cook 5 minutes or until thoroughly heated, stirring occasionally. Discard bay leaf.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:0.43, Inflammation Score:-7, Nutrition Score:9.0700000990992%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 1.02mg, Apigenin: 1.02mg, Apigenin: 1.02mg, Apigenin: 1.02mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

Nutrients (% of daily need)

Calories: 222.35kcal (11.12%), Fat: 12.63g (19.43%), Saturated Fat: 5.62g (35.13%), Carbohydrates: 17.07g (5.69%), Net Carbohydrates: 16.22g (5.9%), Sugar: 9.75g (10.83%), Cholesterol: 35.02mg (11.67%), Sodium: 492.19mg (21.4%), Alcohol: 0.23g (100%), Alcohol %: 0.14% (100%), Protein: 9.74g (19.48%), Vitamin B12: 1.66µg (27.68%), Phosphorus: 219.86mg (21.99%), Calcium: 211.86mg (21.19%), Vitamin B2: 0.27mg (15.79%), Selenium: 9.4µg (13.43%), Potassium: 417.08mg (11.92%), Vitamin C: 7.34mg (8.89%), Vitamin B6: 0.17mg (8.71%), Vitamin K: 9.06µg (8.63%), Vitamin B1: 0.13mg (8.49%), Vitamin A: 422.86IU (8.46%), Magnesium: 31.1mg (7.78%), Vitamin B5: 0.72mg (7.19%), Zinc: 0.99mg (6.61%), Vitamin B3: 1.24mg (6.21%), Manganese: 0.09mg (4.75%), Folate: 17.22µg (4.3%), Iron: 0.74mg (4.09%), Vitamin D: 0.52µg (3.45%), Copper: 0.07mg (3.4%), Fiber: 0.85g (3.39%), Vitamin E: 0.34mg (2.26%)