



Potato-Clam Chowder

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



199 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 cups water hot
- 4.7 oz potatoes
- 0.5 teaspoon salt
- 1 cup corn frozen
- 1 cup broccoli florets frozen
- 3 cups milk
- 0.3 cup onion chopped
- 13 ounces clams minced undrained canned

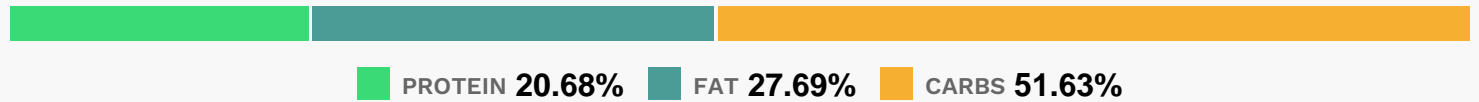
Equipment

sauce pan

Directions

- Heat water, Potatoes and salt to boiling in 3–quart saucepan. Boil 20 minutes; drain.
- Stir in Sauce
- Mix and remaining ingredients.
- Heat to boiling over medium–high heat, stirring occasionally.
- Reduce heat; simmer uncovered about 10 minutes, stirring occasionally, until potatoes are tender.

Nutrition Facts



Properties

Glycemic Index:51.94, Glycemic Load:8.14, Inflammation Score:-6, Nutrition Score:14.958260826443%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 2.12mg, Kaempferol: 2.12mg, Kaempferol: 2.12mg, Kaempferol: 2.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg

Nutrients (% of daily need)

Calories: 199.49kcal (9.97%), Fat: 6.43g (9.9%), Saturated Fat: 3.52g (21.99%), Carbohydrates: 27g (9%), Net Carbohydrates: 24.35g (8.85%), Sugar: 9.87g (10.97%), Cholesterol: 26.11mg (8.7%), Sodium: 391.76mg (17.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.81g (21.62%), Vitamin B12: 2.55µg (42.5%), Vitamin C: 30.57mg (37.05%), Phosphorus: 284.98mg (28.5%), Calcium: 256.4mg (25.64%), Vitamin K: 24.45µg (23.29%), Vitamin B2: 0.33mg (19.67%), Potassium: 628.92mg (17.97%), Vitamin B6: 0.34mg (16.85%), Vitamin D: 2.01µg (13.42%), Magnesium: 53.6mg (13.4%), Vitamin B1: 0.19mg (12.96%), Selenium: 8.76µg (12.51%), Vitamin B5: 1.07mg (10.65%), Fiber: 2.65g (10.6%), Manganese: 0.2mg (9.83%), Folate: 38.75µg (9.69%), Vitamin A: 482.17IU (9.64%), Zinc: 1.34mg (8.94%), Vitamin B3: 1.44mg (7.21%), Copper: 0.12mg (5.96%), Iron: 0.95mg (5.3%), Vitamin E: 0.37mg (2.46%)