



## Potato Clam Chowder

READY IN



45 min.

SERVINGS



6

CALORIES



197 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 13 ounces clams minced canned
- 2 bacon chopped
- 1 medium onion chopped
- 2 tablespoons flour all-purpose
- 1 cup water
- 1.8 pounds potatoes peeled cut into 3/4-in. cubes ( 4 medium)
- 0.5 teaspoon salt
- 0.3 teaspoon thyme dried
- 0.3 teaspoon savoury dried

- 0.1 teaspoon pepper
- 2 cups milk 2%
- 2 tablespoons parsley fresh minced

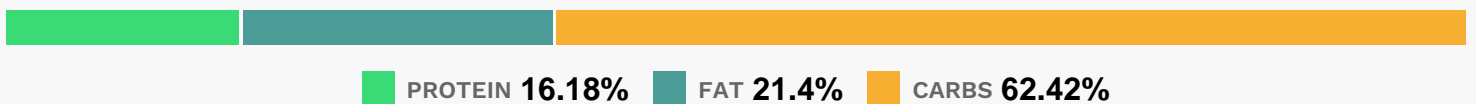
## Equipment

- paper towels
- sauce pan
- slotted spoon

## Directions

- Drain clams, reserving clam juice. In a large saucepan, cook bacon over medium heat until crisp, stirring occasionally.
- Remove bacon with a slotted spoon; drain on paper towels.
- Add onion to drippings; cook and stir 4–6 minutes or until tender. Stir in flour until blended. Gradually stir in water and reserved clam juice; cook and stir until bubbly.
- Add potatoes and seasonings; bring to a boil, stirring frequently. Reduce heat; simmer, covered, 20–25 minutes or until potatoes are tender, stirring occasionally.
- Stir in milk, parsley and clams; heat through. Top with bacon.

## Nutrition Facts



## Properties

Glycemic Index:46.13, Glycemic Load:18.78, Inflammation Score:-5, Nutrition Score:12.612173773024%

## Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg

## Nutrients (% of daily need)

Calories: 196.85kcal (9.84%), Fat: 4.73g (7.28%), Saturated Fat: 2.03g (12.69%), Carbohydrates: 31.07g (10.36%), Net Carbohydrates: 27.71g (10.08%), Sugar: 5.81g (6.45%), Cholesterol: 13.9mg (4.63%), Sodium: 295.94mg (12.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.06g (16.11%), Vitamin C: 29.37mg (35.6%), Vitamin B12: 1.49µg (24.91%), Vitamin K: 25.42µg (24.21%), Vitamin B6: 0.47mg (23.27%), Potassium: 723.67mg (20.68%), Phosphorus: 185.53mg (18.55%), Manganese: 0.27mg (13.71%), Fiber: 3.36g (13.45%), Vitamin B2: 0.22mg (12.73%), Vitamin B1: 0.19mg (12.51%), Calcium: 123.03mg (12.3%), Magnesium: 45.34mg (11.34%), Selenium: 7.6µg (10.86%), Vitamin B3: 1.98mg (9.92%), Folate: 35.77µg (8.94%), Copper: 0.18mg (8.79%), Iron: 1.52mg (8.46%), Vitamin B5: 0.77mg (7.65%), Zinc: 0.97mg (6.44%), Vitamin A: 227.95IU (4.56%)