



## Quick and Easy Clam Chowder

 Gluten Free

READY IN



490 min.

SERVINGS



10

CALORIES



344 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 10.8 ounce new england clam chowder canned
- 13 ounce clams minced canned
- 10.8 ounce campbell's® condensed cream of celery soup canned
- 10.8 ounce condensed cream of potato soup canned
- 1 quart half-and-half cream
- 1 pint heavy whipping cream

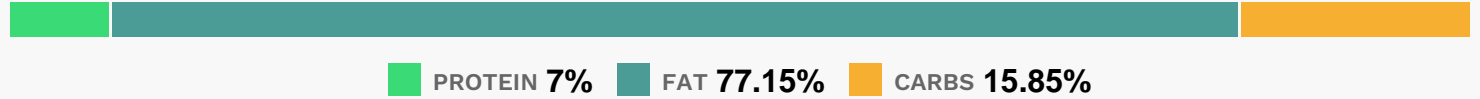
### Equipment

- slow cooker

## Directions

- Mix cream of celery soup, cream of potato soup, clam chowder, 1 can undrained clams, 1 can drained clams, half-and-half cream, and whipping cream into a slow cooker.
- Cover, and cook on low for 6 to 8 hours.

## Nutrition Facts



## Properties

Glycemic Index:2.7, Glycemic Load:0.05, Inflammation Score:-6, Nutrition Score:7.820000016171%

## Nutrients (% of daily need)

Calories: 344.16kcal (17.21%), Fat: 30.01g (46.17%), Saturated Fat: 18.18g (113.64%), Carbohydrates: 13.88g (4.63%), Net Carbohydrates: 13.45g (4.89%), Sugar: 7.23g (8.03%), Cholesterol: 93.13mg (31.04%), Sodium: 525.55mg (22.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.13g (12.25%), Vitamin A: 1199.24IU (23.98%), Vitamin B2: 0.3mg (17.6%), Vitamin B12: 0.91µg (15.23%), Phosphorus: 152.06mg (15.21%), Calcium: 151.71mg (15.17%), Selenium: 7.39µg (10.56%), Vitamin B5: 0.92mg (9.21%), Manganese: 0.17mg (8.41%), Vitamin K: 8.33µg (7.94%), Vitamin E: 1.19mg (7.92%), Potassium: 262.62mg (7.5%), Copper: 0.12mg (6.04%), Vitamin D: 0.76µg (5.05%), Zinc: 0.72mg (4.83%), Vitamin B6: 0.1mg (4.76%), Magnesium: 17.18mg (4.29%), Vitamin B1: 0.06mg (4.04%), Vitamin C: 2.72mg (3.3%), Iron: 0.5mg (2.77%), Folate: 8.67µg (2.17%), Vitamin B3: 0.44mg (2.17%), Fiber: 0.43g (1.71%)