



Rhode Island Clam Chowder

 Gluten Free

READY IN



45 min.

SERVINGS



22

CALORIES



228 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup basil fresh shredded
- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 2.3 pounds shucked hard-shell clams undrained chopped
- ☐ 2 cups milk
- ☐ 4 medium onions thinly sliced
- ☐ 1 teaspoon pepper freshly ground
- ☐ 4 large potatoes peeled cut into 1/2-inch cubes (3 pounds)
- ☐ 1 teaspoon salt

- ☐ 0.5 pound salt pork cut into 1/4-inch cubes
- ☐ 2 tablespoons butter unsalted
- ☐ 6 cups water
- ☐ 22 servings whipping cream

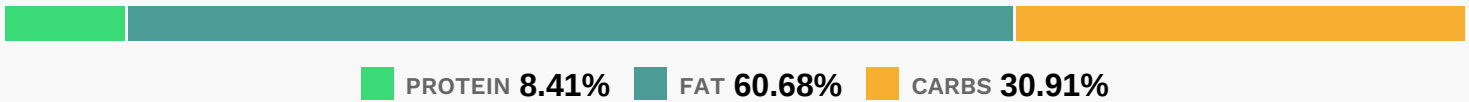
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ Drain clams, reserving liquid; set clams aside.
- ☐ Cook salt pork in a Dutch oven over medium heat 5 minutes or until crisp.
- ☐ Remove salt pork, reserving 2 tablespoons drippings in pan. Set salt pork aside.
- ☐ Add onion, and saute 5 minutes or until tender.
- ☐ Add clam liquid, potatoes, and 6 cups water; bring to a boil over medium-high heat. Reduce heat, and simmer, uncovered, 12 to 15 minutes or until potatoes are almost tender.
- ☐ Add tomatoes and clams; simmer, stirring occasionally, 20 minutes. Stir in salt and pepper.
- ☐ Heat milk and butter until almost boiling; stir mixture into chowder. Stir in basil. Spoon 1 tablespoon whipping cream into each bowl; ladle chowder over whipping cream.
- ☐ Sprinkle with reserved salt pork.
- ☐ Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:14.35, Glycemic Load:10.21, Inflammation Score:-5, Nutrition Score:8.4226087590922%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg

Nutrients (% of daily need)

Calories: 228.09kcal (11.4%), Fat: 15.71g (24.17%), Saturated Fat: 7.6g (47.5%), Carbohydrates: 18g (6%), Net Carbohydrates: 15.47g (5.63%), Sugar: 4.47g (4.96%), Cholesterol: 33.3mg (11.1%), Sodium: 454.63mg (19.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.9g (9.8%), Vitamin C: 18.2mg (22.07%), Vitamin B12: 0.96µg (16.04%), Vitamin B6: 0.3mg (15.25%), Potassium: 478.04mg (13.66%), Manganese: 0.22mg (11.01%), Phosphorus: 106.58mg (10.66%), Fiber: 2.53g (10.13%), Vitamin B1: 0.13mg (8.59%), Copper: 0.17mg (8.55%), Vitamin A: 417.7IU (8.35%), Magnesium: 31.58mg (7.9%), Vitamin B3: 1.4mg (7.01%), Calcium: 69.11mg (6.91%), Iron: 1.23mg (6.86%), Vitamin B2: 0.11mg (6.74%), Vitamin K: 6.33µg (6.03%), Selenium: 4.14µg (5.91%), Folate: 20.7µg (5.18%), Vitamin B5: 0.48mg (4.8%), Vitamin E: 0.69mg (4.62%), Zinc: 0.59mg (3.96%), Vitamin D: 0.52µg (3.49%)