



Rhode Island Clam Chowder

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



463 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 ounces bacon cut into 1/2-inch pieces
- ☐ 2 stalks celery thinly sliced
- ☐ 8 pounds quahog clams scrubbed
- ☐ 1 small onion diced
- ☐ 2 tablespoons butter unsalted
- ☐ 4 servings pepper white freshly ground
- ☐ 1 teaspoon worcestershire sauce
- ☐ 1.5 pounds yukon gold potatoes peeled cut into 1/2-inch cubes

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ pot
- ☐ sieve
- ☐ plastic wrap
- ☐ slotted spoon

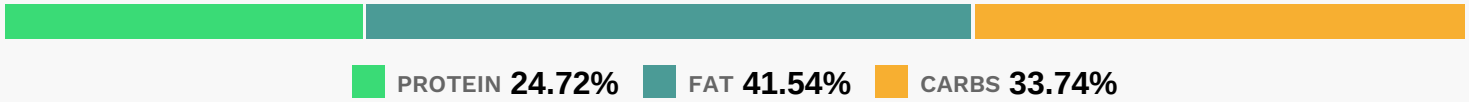
Directions

- ☐ Rinse the clams several times under cold running water.
- ☐ Transfer to a large pot and add 3 1/2 cups water. Bring to a simmer over medium heat, then cover and cook until the clams open, about 8 minutes.
- ☐ Remove the clams with a slotted spoon and transfer to a deep bowl as they open; cover with plastic wrap so they don't dry out. Strain the broth through a fine-mesh sieve into a large bowl. Wipe out the pot, then pour the strained broth back into the pot.
- ☐ Meanwhile, put the bacon in a large skillet and cover with about 2 inches of water. Bring to a simmer over medium heat and cook 10 minutes; drain, then return the bacon to the skillet.
- ☐ Add 1 tablespoon butter and cook until the bacon starts to brown, about 5 minutes.
- ☐ Transfer the bacon to the pot with the broth. Wipe out the skillet.
- ☐ Add the remaining 1 tablespoon butter, the onion and celery to the skillet and cook over medium heat until the onion is translucent, about 6 minutes.
- ☐ Add the onion and celery mixture to the broth along with the potatoes. Bring to a simmer over medium heat and cook until the potatoes are tender, 10 to 12 minutes.
- ☐ Remove from the heat. Stir in the Worcestershire sauce and 1/2 teaspoon white pepper.
- ☐ While the potatoes are cooking, remove the clams from their shells and roughly chop.
- ☐ Add the clams to the soup and cook until heated through, about 1 minute. Ladle the soup into bowls and top with chopped parsley.
- ☐ Per serving: Calories: 434; Total Fat: 23 grams; Saturated Fat: 9 grams; Protein: 21 grams; Total carbohydrates: 37 grams; Sugar: 2 grams; Fiber: 3 grams; Cholesterol: 65 milligrams; Sodium:

858 milligrams

 Photograph by Kang Kim

Nutrition Facts



Properties

Glycemic Index:42.44, Glycemic Load:23.51, Inflammation Score:-7, Nutrition Score:23.527826169263%

Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 1.52mg, Kaempferol: 1.52mg, Kaempferol: 1.52mg, Kaempferol: 1.52mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.82mg, Quercetin: 4.82mg, Quercetin: 4.82mg, Quercetin: 4.82mg

Nutrients (% of daily need)

Calories: 462.84kcal (23.14%), Fat: 21.3g (32.76%), Saturated Fat: 8.63g (53.97%), Carbohydrates: 38.92g (12.97%), Net Carbohydrates: 34.04g (12.38%), Sugar: 2.49g (2.77%), Cholesterol: 79.26mg (26.42%), Sodium: 358.07mg (15.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.51g (57.02%), Vitamin B12: 15.57µg (259.43%), Selenium: 49.58µg (70.83%), Vitamin C: 36.04mg (43.68%), Phosphorus: 433.39mg (43.34%), Vitamin B6: 0.65mg (32.38%), Potassium: 941.56mg (26.9%), Manganese: 0.51mg (25.46%), Iron: 4.12mg (22.89%), Fiber: 4.88g (19.53%), Vitamin B3: 3.8mg (18.98%), Magnesium: 75.31mg (18.83%), Vitamin B1: 0.27mg (17.89%), Copper: 0.31mg (15.34%), Vitamin A: 691.01IU (13.82%), Zinc: 1.69mg (11.29%), Folate: 45.07µg (11.27%), Vitamin B5: 0.98mg (9.8%), Calcium: 95.86mg (9.59%), Vitamin K: 9.94µg (9.47%), Vitamin B2: 0.16mg (9.44%), Vitamin E: 1.32mg (8.77%), Vitamin D: 0.25µg (1.64%)