



Santa Barbara Clam Chowder

READY IN



60 min.

SERVINGS



6

CALORIES



1323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 to 4 bay leaves
- ☐ 4 cups celery chopped
- ☐ 12 cups bottled clam juice
- ☐ 6 cups clams chopped
- ☐ 1 cup bacon crumbled cooked
- ☐ 1 cup flour
- ☐ 0.3 cup thyme leaves fresh chopped
- ☐ 2 tablespoons garlic minced
- ☐ 1 cup heavy cream

- ☐ 4 cups potatoes diced peeled
- ☐ 4 tablespoons salt
- ☐ 1 pound butter unsalted
- ☐ 4 tablespoons butter unsalted
- ☐ 4 cups onions white chopped
- ☐ 4 tablespoons pepper white

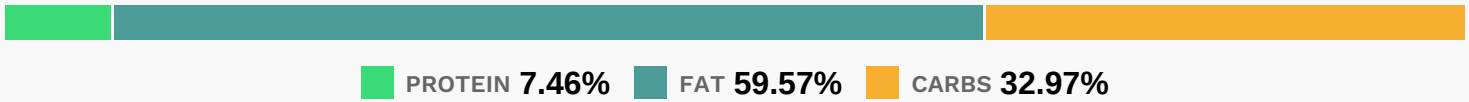
Equipment

- ☐ pot

Directions

- ☐ In a small pot, melt the butter over medium-low heat. Once the butter is melted, slowly mix in the flour until you have a thick consistency. Set aside and keep warm until ready to use. This is the roux.
- ☐ In a 3-gallon stock pot, melt 4 tablespoons of butter. Once the butter is melted, add the garlic, celery, and onions along with the bay leaves, salt, and white pepper. Cook the mixture until it is lightly browned, stirring it occasionally.
- ☐ Add the clam juice, stir, and let it cook until it is moderately warm. Then add the potatoes and bring the chowder to a boil, stirring it occasionally. Once the soup is boiling add the chopped clams, bacon, cream, and thyme. Stir the soup and let it cook until hot, do not bring it to a boil.
- ☐ Remove the soup from the heat and slowly stir in the roux until the desired consistency is reached.

Nutrition Facts



Properties

Glycemic Index:53.29, Glycemic Load:32.57, Inflammation Score:-10, Nutrition Score:33.679999807607%

Flavonoids

Apigenin: 1.98mg, Apigenin: 1.98mg, Apigenin: 1.98mg, Apigenin: 1.98mg Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg, Isorhamnetin:

5.34mg Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 22.94mg, Quercetin: 22.94mg, Quercetin: 22.94mg, Quercetin: 22.94mg

Nutrients (% of daily need)

Calories: 1323.04kcal (66.15%), Fat: 89.21g (137.25%), Saturated Fat: 55.69g (348.07%), Carbohydrates: 111.1g (37.03%), Net Carbohydrates: 101.12g (36.77%), Sugar: 23.47g (26.08%), Cholesterol: 264.56mg (88.19%), Sodium: 7035.79mg (305.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.15g (50.31%), Vitamin C: 66.29mg (80.36%), Vitamin A: 3912.41IU (78.25%), Vitamin B12: 4.2µg (69.96%), Manganese: 1.04mg (52.05%), Vitamin B6: 0.95mg (47.68%), Potassium: 1464.09mg (41.83%), Fiber: 9.98g (39.92%), Folate: 150.2µg (37.55%), Selenium: 23.17µg (33.1%), Phosphorus: 326.59mg (32.66%), Vitamin B1: 0.46mg (30.84%), Vitamin K: 30.21µg (28.77%), Iron: 4.84mg (26.87%), Magnesium: 97.51mg (24.38%), Copper: 0.48mg (24.21%), Vitamin B2: 0.41mg (23.92%), Vitamin E: 3.32mg (22.13%), Vitamin B3: 4.38mg (21.91%), Calcium: 197.17mg (19.72%), Vitamin B5: 1.46mg (14.64%), Vitamin D: 1.91µg (12.72%), Zinc: 1.68mg (11.17%)