



## Santa Fe Clam Chowder

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



254 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 4 ounces andouille sausage spanish cut into 1/3-inch dice
- 1 cup canned tomatoes with added puree canned crushed
- 1 celery stalks chopped
- 24 ounce bottled clam juice
- 1 cup corn kernels white frozen
- 6 tablespoons cilantro leaves fresh chopped
- 1 garlic clove minced
- 0.3 cup pepper flakes diced green canned

- 1 teaspoon ground cumin
- 1 large jalapeno seeded chopped
- 24 littleneck clams scrubbed
- 2 tablespoons olive oil extra virgin extra-virgin
- 1 medium onion chopped
- 1 teaspoon oregano dried
- 12 ounces potatoes peeled cut into 1/2-inch cubes

## Equipment

- bowl
- ladle
- pot

## Directions

- Heat oil in heavy large pot over medium-high heat.
- Add chorizo; sauté until fat is rendered, about 3 minutes.
- Add next 6 ingredients; sauté until onion begins to soften, about 5 minutes.
- Mix in oregano and cumin, then tomatoes, corn, and bottled clam juice. Bring to boil. Reduce heat to medium-low. Cover and simmer until potatoes are almost tender, about 12 minutes. (Can be made 1 day ahead. Refrigerate uncovered until cool, then cover and chill. Bring to simmer before continuing.)
- Add clams to mixture in pot; cover and cook over medium-high heat until clams open and potatoes are tender, about 7 minutes (discard any clams that do not open).
- Mix in 4 tablespoons cilantro. Season to taste with salt and pepper. Divide clams among 6 shallow soup bowls. Ladle chowder over.
- Sprinkle with remaining cilantro and serve.
- \* A smoked-pork link sausage flavored with garlic and spices, but milder than Mexican chorizo. Spanish chorizo is available at Spanish markets and specialty foods stores.

## Nutrition Facts



■ PROTEIN 12.76% ■ FAT 36.99% ■ CARBS 50.25%

## Properties

Glycemic Index:59.46, Glycemic Load:8.9, Inflammation Score:-7, Nutrition Score:12.585217237473%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg

## Nutrients (% of daily need)

Calories: 253.62kcal (12.68%), Fat: 10.77g (16.57%), Saturated Fat: 2.45g (15.32%), Carbohydrates: 32.92g (10.97%), Net Carbohydrates: 29.19g (10.61%), Sugar: 8.74g (9.72%), Cholesterol: 18.77mg (6.26%), Sodium: 684.82mg (29.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.36g (16.71%), Vitamin C: 37.4mg (45.34%), Vitamin B6: 0.43mg (21.55%), Vitamin B12: 1.17µg (19.47%), Potassium: 637.8mg (18.22%), Manganese: 0.32mg (15.8%), Vitamin B3: 3.01mg (15.04%), Fiber: 3.72g (14.9%), Phosphorus: 127.85mg (12.78%), Vitamin E: 1.79mg (11.92%), Vitamin B1: 0.18mg (11.91%), Iron: 2.09mg (11.61%), Selenium: 7.76µg (11.09%), Copper: 0.22mg (11.07%), Vitamin K: 11.25µg (10.71%), Magnesium: 41.47mg (10.37%), Folate: 41.47µg (10.37%), Vitamin A: 446.85IU (8.94%), Vitamin B2: 0.13mg (7.76%), Zinc: 1.05mg (6.98%), Vitamin B5: 0.68mg (6.77%), Calcium: 50.96mg (5.1%), Vitamin D: 0.26µg (1.76%)