



Shirley's Maine Clam Chowder

 Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 slices bacon cut into small pieces
- ☐ 2 stalks celery diced
- ☐ 8 ounce bottled clam juice
- ☐ 2 quarts shucked clams with liquid
- ☐ 2 cups half-and-half cream
- ☐ 1 large onion chopped
- ☐ 3 large russet potatoes cubed peeled

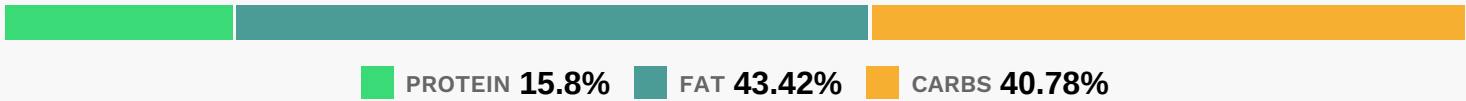
Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ In a small saucepan, heat clam juice and peeled potatoes. Bring water to a boil and let simmer until tender, about 15 minutes.
- ☐ Place bacon in a large stock pot. Cook over medium high heat until evenly brown. Stir in onions and celery. Cook until vegetables are soft.
- ☐ Add potatoes, clam juice and clams to the stock pot.
- ☐ Heat until simmering.
- ☐ In a separate pot, gently warm (do not boil) half and half.
- ☐ Pour warm half and half into the stock pot and heat just until warmed through. Do not boil the chowder or the cream will separate.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:21.34, Glycemic Load:20.44, Inflammation Score:-5, Nutrition Score:14.784782754338%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg

Nutrients (% of daily need)

Calories: 333.34kcal (16.67%), Fat: 16.23g (24.97%), Saturated Fat: 7.29g (45.58%), Carbohydrates: 34.31g (11.44%), Net Carbohydrates: 31.92g (11.61%), Sugar: 5.22g (5.8%), Cholesterol: 46.34mg (15.45%), Sodium: 320.71mg (13.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.29g (26.59%), Vitamin B12: 4.24µg (70.73%), Vitamin B6: 0.62mg (30.85%), Selenium: 18.02µg (25.74%), Phosphorus: 246.48mg (24.65%), Potassium: 795.37mg (22.72%), Manganese: 0.29mg (14.7%), Vitamin B1: 0.21mg (14.29%), Vitamin C: 11.55mg (14%), Vitamin B3: 2.63mg (13.13%), Magnesium: 51.65mg (12.91%), Vitamin B2: 0.21mg (12.31%), Iron: 1.99mg (11.04%), Calcium: 108.24mg

(10.82%), Copper: 0.2mg (9.75%), Fiber: 2.39g (9.56%), Vitamin B5: 0.84mg (8.37%), Vitamin A: 417.67IU (8.35%),
Folate: 32.39µg (8.1%), Zinc: 1.15mg (7.64%), Vitamin K: 6.35µg (6.05%), Vitamin E: 0.56mg (3.75%)