



Simple Clam Chowder

READY IN



45 min.

SERVINGS



12

CALORIES



147 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 slices bacon
- ☐ 1 pound baking potatoes diced peeled
- ☐ 1 bay leaves
- ☐ 1.3 cups celery chopped
- ☐ 32 ounce bottled clam juice
- ☐ 39 ounce clams undrained chopped canned
- ☐ 0.5 teaspoon thyme dried
- ☐ 3 cups skim milk fat-free
- ☐ 2.3 ounces flour all-purpose

- ☐ 2 garlic clove minced
- ☐ 2 cups onion chopped
- ☐ 0.5 teaspoon salt

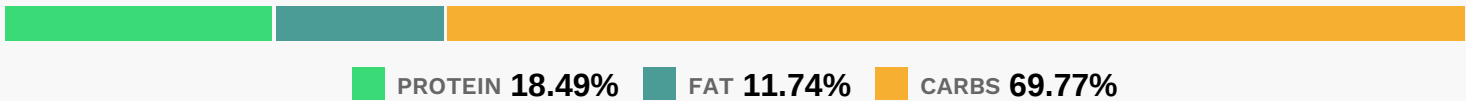
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Cook bacon in a large Dutch oven over medium heat until crisp.
- ☐ Remove bacon from pan, reserving 1 teaspoon drippings in pan. Crumble bacon; set aside.
- ☐ Add onion, celery, salt, thyme, and garlic to drippings in pan; cook 4 minutes or until vegetables are tender.
- ☐ Drain clams, reserving liquid.
- ☐ Add clam liquid, potato, clam juice, and bay leaf to pan; bring to a boil. Reduce heat, and simmer 15 minutes or until potato is tender. Discard bay leaf.
- ☐ Combine milk and flour, stirring with a whisk until smooth.
- ☐ Add flour mixture to pan; bring to a boil. Cook 12 minutes or until thick, stirring constantly.
- ☐ Add clams; cook 2 minutes.
- ☐ Sprinkle with bacon.

Nutrition Facts



Properties

Glycemic Index:25.75, Glycemic Load:10.08, Inflammation Score:-5, Nutrition Score:8.6773913684099%

Flavonoids

Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg

Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg

Nutrients (% of daily need)

Calories: 146.52kcal (7.33%), Fat: 1.92g (2.96%), Saturated Fat: 0.58g (3.62%), Carbohydrates: 25.7g (8.57%), Net Carbohydrates: 24.11g (8.77%), Sugar: 7.12g (7.91%), Cholesterol: 8.4mg (2.8%), Sodium: 439.28mg (19.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.81g (13.62%), Vitamin B12: 1.96µg (32.63%), Phosphorus: 144.14mg (14.41%), Vitamin B6: 0.27mg (13.59%), Selenium: 8.7µg (12.42%), Potassium: 415.19mg (11.86%), Calcium: 110.35mg (11.03%), Vitamin C: 8.41mg (10.2%), Vitamin B1: 0.15mg (10.05%), Manganese: 0.19mg (9.58%), Vitamin B2: 0.15mg (8.85%), Folate: 31.98µg (8%), Magnesium: 28.11mg (7.03%), Vitamin A: 330.7IU (6.61%), Fiber: 1.59g (6.35%), Vitamin B3: 1.22mg (6.09%), Iron: 1.07mg (5.92%), Vitamin B5: 0.52mg (5.21%), Copper: 0.09mg (4.73%), Vitamin D: 0.69µg (4.59%), Zinc: 0.66mg (4.43%), Vitamin K: 4.64µg (4.42%), Vitamin E: 0.24mg (1.58%)