



# Slow Cooker Clam Chowder

 **Gluten Free**

READY IN



**375 min.**

SERVINGS



**6**

CALORIES



**353 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 slices bacon cut into small pieces
- 1 carrots grated
- 6 ounce clams minced canned
- 10.8 ounce cream of mushroom soup canned
- 24 fluid ounce evaporated milk canned
- 0.3 teaspoon pepper black
- 1 cup onion chopped
- 3 potatoes cubed peeled

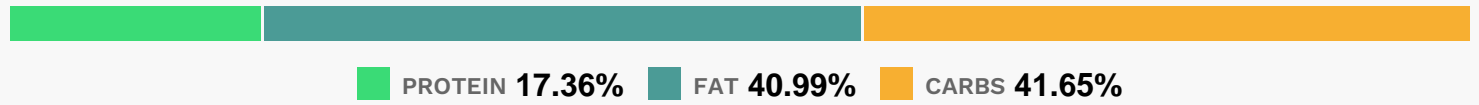
## Equipment

- bowl
- slow cooker

## Directions

- In a small bowl, drain the clams and reserve the juice.
- Add water to the juice as needed to total 1 3/4 cups liquid. Cover the clams and put in refrigerator for later.
- In a slow cooker combine the bacon, potatoes, onion, carrot, soup, ground black pepper, evaporated milk and reserved clam juice with water. Cover and cook on low setting for 9 to 11 hours OR on high setting for 4 to 5 hours.
- Add the clams and cook on high setting for another hour.

## Nutrition Facts



## Properties

Glycemic Index:36.1, Glycemic Load:14.54, Inflammation Score:-9, Nutrition Score:16.727826216946%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg

## Nutrients (% of daily need)

Calories: 352.53kcal (17.63%), Fat: 16.17g (24.88%), Saturated Fat: 8.04g (50.26%), Carbohydrates: 36.98g (12.33%), Net Carbohydrates: 33.78g (12.28%), Sugar: 14.32g (15.91%), Cholesterol: 47.8mg (15.93%), Sodium: 599.46mg (26.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.42g (30.83%), Vitamin A: 2002.44IU (40.05%), Phosphorus: 356.51mg (35.65%), Calcium: 335.77mg (33.58%), Vitamin C: 25.8mg (31.27%), Potassium: 974.32mg (27.84%), Vitamin B2: 0.47mg (27.36%), Vitamin B6: 0.48mg (23.97%), Manganese: 0.39mg (19.36%), Magnesium: 63.03mg (15.76%), Vitamin B1: 0.21mg (14.08%), Vitamin B12: 0.82µg (13.74%), Zinc: 2.04mg (13.63%), Vitamin B5: 1.32mg (13.16%), Copper: 0.26mg (13%), Fiber: 3.2g (12.81%), Vitamin B3: 2.55mg (12.73%), Selenium: 7.44µg (10.62%), Folate: 37.28µg (9.32%), Iron: 1.63mg (9.08%), Vitamin K: 4.33µg (4.12%), Vitamin E: 0.37mg (2.43%),

Vitamin D: 0.18µg (1.18%)