



Smoky Bacon-Clam Chowder

READY IN



41 min.

SERVINGS



5

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 8 ounce bottled clam juice
- ☐ 16 ounce shucked clams fresh chopped
- ☐ 0.3 cup flour
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 4 cups milk 1% low-fat
- ☐ 0.5 cup onion chopped
- ☐ 2 cups potatoes diced refrigerated with onions such as simply potatoes
- ☐ 0.3 teaspoon salt

☐ 3 slices center-cut bacon reduced-fat

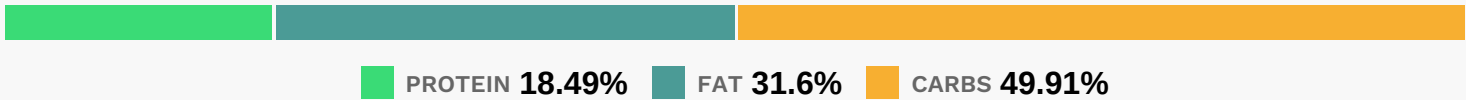
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ ladle
- ☐ knife
- ☐ measuring cup
- ☐ dutch oven

Directions

- ☐ Cook bacon in a large Dutch oven over medium heat 6 minutes or until crisp.
- ☐ Drain bacon on a paper towel, and crumble.
- ☐ Add onion to pan, and saut 3 minutes.
- ☐ Add potato; saut 2 minutes or until lightly browned. Lightly spoon flour into a dry measuring cup; level with a knife. Stir flour into potato mixture, and cook 1 minute.
- ☐ Add clam juice, and stir well. Stir in milk; cook over medium-low heat 11 minutes or until thick and bubbly. Cover, reduce heat, and simmer 11 minutes or until potato is tender.
- ☐ Drain clams, reserving 2 cups liquid. Stir in clams and reserved clam liquid, and cook 2 minutes or until thoroughly heated. Stir in parsley, pepper, and salt. Ladle into bowls; top with crumbled bacon.

Nutrition Facts



Properties

Glycemic Index:55.35, Glycemic Load:15.85, Inflammation Score:-7, Nutrition Score:18.076956437982%

Flavonoids

Apigenin: 5.17mg, Apigenin: 5.17mg, Apigenin: 5.17mg, Apigenin: 5.17mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg

Nutrients (% of daily need)

Calories: 307.51kcal (15.38%), Fat: 10.79g (16.59%), Saturated Fat: 4.02g (25.11%), Carbohydrates: 38.34g (12.78%), Net Carbohydrates: 35.68g (12.97%), Sugar: 12.24g (13.6%), Cholesterol: 27.78mg (9.26%), Sodium: 511.95mg (22.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.21g (28.41%), Vitamin B12: 2.81µg (46.85%), Vitamin K: 41.59µg (39.61%), Phosphorus: 320.73mg (32.07%), Vitamin C: 23.19mg (28.11%), Calcium: 267.18mg (26.72%), Vitamin B6: 0.47mg (23.66%), Potassium: 791.48mg (22.61%), Selenium: 15.82µg (22.6%), Vitamin B2: 0.37mg (21.63%), Vitamin B1: 0.32mg (21.4%), Vitamin D: 2.16µg (14.42%), Vitamin A: 691.72IU (13.83%), Magnesium: 54.4mg (13.6%), Manganese: 0.27mg (13.49%), Vitamin B3: 2.66mg (13.32%), Vitamin B5: 1.18mg (11.76%), Folate: 43.5µg (10.87%), Fiber: 2.66g (10.62%), Zinc: 1.53mg (10.2%), Iron: 1.62mg (9.01%), Copper: 0.15mg (7.33%), Vitamin E: 0.31mg (2.06%)