



Wegman's Delicious, Spunky, Clammy Chowda! Longmeadow

 **Gluten Free**

READY IN



50 min.

SERVINGS



6

CALORIES



220 kcal

SIDE DISH

Ingredients

- 3 slices bacon cut into 1/2 inch pieces (i use 1 slice of bacon)
- 1 medium onion chopped
- 2 cups chicken stock see (I use chicken stock)
- 4 medium potatoes peeled cut into 1/2 inch pieces
- 0.5 teaspoon thyme dried
- 6.5 ounce clams undrained chopped
- 1 cup milk whole 1% (or cream, I use milk)

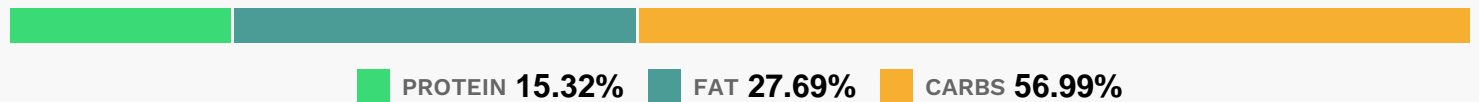
Equipment

pot

Directions

- In a heavy bottom soup pot, cook bacon on LOW until crisp.
- Remove bacon and drain off all but 1 tablespoon bacon drippings.
- Add onion to pot, stir and cook until limp and golden, about 3 minutes.
- Add bacon, clam juice (or chicken stock), potatoes, and thyme. Simmer, covered; stirring occasionally until potatoes are soft, about 20 minutes.
- Add clams and milk; simmer, uncovered, 10 minutes.
- Season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:29.29, Glycemic Load:19.3, Inflammation Score:-5, Nutrition Score:11.398260857748%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg

Nutrients (% of daily need)

Calories: 219.94kcal (11%), Fat: 6.82g (10.5%), Saturated Fat: 2.53g (15.82%), Carbohydrates: 31.6g (10.53%), Net Carbohydrates: 28.13g (10.23%), Sugar: 5.11g (5.67%), Cholesterol: 15.92mg (5.31%), Sodium: 214.55mg (9.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.49g (16.99%), Vitamin C: 29.53mg (35.8%), Vitamin B6: 0.54mg (27.23%), Potassium: 794.16mg (22.69%), Phosphorus: 174.06mg (17.41%), Vitamin B3: 3.29mg (16.44%), Fiber: 3.47g (13.87%), Vitamin B1: 0.2mg (13.62%), Vitamin B12: 0.8µg (13.25%), Manganese: 0.25mg (12.71%), Magnesium: 44.95mg (11.24%), Vitamin B2: 0.19mg (10.92%), Copper: 0.21mg (10.59%), Selenium: 6.67µg (9.54%), Iron: 1.54mg (8.54%), Calcium: 77.6mg (7.76%), Folate: 30.66µg (7.67%), Vitamin B5: 0.66mg (6.62%), Zinc: 0.88mg (5.87%), Vitamin K: 4.49µg (4.28%), Vitamin D: 0.49µg (3.28%), Vitamin A: 92.54IU (1.85%)