



Wilma's Clam Chowder

READY IN



45 min.

SERVINGS



4

CALORIES



500 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 0.1 teaspoon celery salt
- 6.5 ounce clams minced canned
- 1 tablespoon parsley dried
- 0.3 teaspoon thyme leaves dried
- 12 fluid ounce evaporated milk canned
- 4 servings ground pepper black to taste
- 2 cups milk
- 0.5 teaspoon old bay seasoning tm

- 1 onion diced finely
- 4 potatoes diced
- 1 cup saltines crushed
- 0.3 cup water

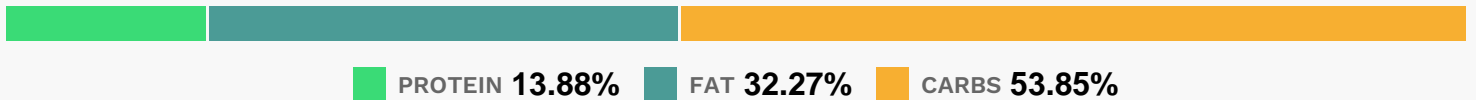
Equipment

- pot

Directions

- Drain juice from the clams into a medium size pot, set the clams aside.
- Add water or bottled clam juice.
- Add potatoes and onions to the pot and cover. Cook over a medium heat until potatoes are soft. Stirring occasionally.
- Add milk, evaporated milk, butter or margarine, parsley, thyme, seafood seasoning, celery salt, salt and pepper to taste, cracker crumbs and clams.
- Simmer until soup is about to boil, be careful not to let it boil.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:64.44, Glycemic Load:30.05, Inflammation Score:-8, Nutrition Score:24.237826264423%

Flavonoids

Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 3.03mg, Isorhamnetin: 3.03mg, Isorhamnetin: 3.03mg, Isorhamnetin: 3.03mg Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.07mg, Quercetin: 7.07mg, Quercetin: 7.07mg, Quercetin: 7.07mg

Nutrients (% of daily need)

Calories: 499.9kcal (25%), Fat: 18.14g (27.91%), Saturated Fat: 10.33g (64.54%), Carbohydrates: 68.11g (22.7%), Net Carbohydrates: 62.25g (22.64%), Sugar: 17.88g (19.86%), Cholesterol: 57.49mg (19.16%), Sodium: 443.62mg (19.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.55g (35.1%), Vitamin C: 46.37mg (56.2%), Phosphorus: 468.79mg (46.88%), Calcium: 431.48mg (43.15%), Potassium: 1437.11mg (41.06%), Vitamin B6: 0.8mg (40.23%), Vitamin B2: 0.63mg (36.91%), Manganese: 0.61mg (30.41%), Vitamin B1: 0.42mg (27.96%), Vitamin B12: 1.61µg (26.82%), Magnesium: 96.17mg (24.04%), Fiber: 5.85g (23.41%), Vitamin K: 20.05µg (19.1%), Vitamin B3: 3.79mg (18.96%), Iron: 3.26mg (18.12%), Folate: 71.84µg (17.96%), Vitamin B5: 1.79mg (17.93%), Copper: 0.29mg (14.72%), Zinc: 2.05mg (13.68%), Selenium: 9.22µg (13.17%), Vitamin A: 629.5IU (12.59%), Vitamin D: 1.43µg (9.54%), Vitamin E: 0.69mg (4.63%)