

Manhattan Clam Chowder

Paula Macri - Gattuso's Bella Cucina
Scripps Treasure Coast Newspapers

2 cans (6-1/2 ounce ea) minced
clams
1 cup celery, chopped
1/3 cup sweet onion, chopped
1/4 cup carrots, chopped
2 tablespoons extra-virgin olive oil
1 cup chicken broth
2 cups red potatoes, cubed
1 teaspoon crushed dried thyme
1/8 teaspoon cayenne pepper
1/8 teaspoon black pepper
1 can (14-1/2 ounce) diced tomatoes,
undrained
2 tablespoons cooked and crumbled
bacon

Strain the clams to remove the bits of shell and reserve the juice. Add enough water to equal 1-1/2 cups. Set the juice aside.

In a large saucepan, cook the celery, onion and carrot in the hot oil until tender. Stir in the clam juice and the chicken broth. Stir in the potatoes, thyme, cayenne pepper and black pepper.

Bring to a boil. Reduce the heat, cover, and simmer for 10 minutes. Stir in the undrained tomatoes, clams and the bacon.

Return to a boil and reduce the heat. Cook for an additional 1 to 2 minutes until heated through. Serve.

Per Serving (excluding unknown items): 606 Calories; 30g Fat (42.5% calories from fat); 14g Protein; 76g Carbohydrate; 11g Dietary Fiber; 0mg Cholesterol; 915mg Sodium. Exchanges: 3 1/2 Grain(Starch); 1/2 Lean Meat; 4 Vegetable; 5 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	606	Vitamin B6 (mg):	1.1mg
% Calories from Fat:	42.5%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	48.3%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	9.2%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	30g	Folacin (mcg):	119mcg
Saturated Fat (g):	4g	Niacin (mg):	10mg
Monounsaturated Fat (g):	21g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
			0.0%

Cholesterol (mg):	0mg
Carbohydrate (g):	76g
Dietary Fiber (g):	11g
Protein (g):	14g
Sodium (mg):	915mg
Potassium (mg):	2774mg
Calcium (mg):	108mg
Iron (mg):	5mg
Zinc (mg):	2mg
Vitamin C (mg):	108mg
Vitamin A (i.u.):	10413IU
Vitamin A (r.e.):	1040RE

% Daily Values*

Food Exchanges

Grain (Starch):	3 1/2
Lean Meat:	1/2
Vegetable:	4
Fruit:	0
Non-Fat Milk:	0
Fat:	5 1/2
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 606 Calories from Fat: 257

% Daily Values*

Total Fat	30g	45%
Saturated Fat	4g	21%
Cholesterol	0mg	0%
Sodium	915mg	38%
Total Carbohydrates	76g	25%
Dietary Fiber	11g	43%
Protein	14g	
Vitamin A		208%
Vitamin C		181%
Calcium		11%
Iron		25%

* Percent Daily Values are based on a 2000 calorie diet.