

# New England Clam Chowder

*What's Cooking II*  
*North American Institute of Modern Cuisine*

**Servings: 6**

*19 ounces canned clams, in their juice*  
*2 tablespoons butter*  
*1 medium onion, minced*  
*4 cups boiling water*  
*3/4 teaspoon salt*  
*1/2 teaspoon pepper*  
*1 medium potato, peeled and diced*  
*1 cup light cream*  
*1 cup milk*  
*cornstarch (optional)*  
*paprika*

Strain the clams reserving one cup of juice (add water if the juice is insufficient).

In a saucepan, melt the butter. Cook the onion until transparent. Add the clams. Continue cooking for 5 minutes. Transfer the mixture to a bowl and set aside.

In the same saucepan, combine the boiling water, clam juice, salt and pepper. Simmer for 25 minutes. Add the potato. Continue cooking for 5 minutes.

Fold in the cream and milk. Reheat without boiling. Add the clam mixture and simmer for 5 minutes.

If the soup needs to be thickened, add cornstarch mixed with a little water.

Sprinkle with a pinch of paprika. Serve.

Per Serving (excluding unknown items): 293 Calories; 15g Fat (45.7% calories from fat); 26g Protein; 13g Carbohydrate; 1g Dietary Fiber; 102mg Cholesterol; 448mg Sodium. Exchanges: 1/2 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat; 1/2 Other Carbohydrates.

Soups, Chili and Stews

**Per Serving Nutritional Analysis**

Calories (kcal):	293	Vitamin B6 (mg):	.2mg
% Calories from Fat:	45.7%	Vitamin B12 (mcg):	89.0mcg
% Calories from Carbohydrates:	18.4%	Thiamin B1 (mg):	.2mg

% Calories from Protein:	35.9%
Total Fat (g):	15g
Saturated Fat (g):	8g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	102mg
Carbohydrate (g):	13g
Dietary Fiber (g):	1g
Protein (g):	26g
Sodium (mg):	448mg
Potassium (mg):	817mg
Calcium (mg):	182mg
Iron (mg):	25mg
Zinc (mg):	3mg
Vitamin C (mg):	26mg
Vitamin A (i.u.):	996IU
Vitamin A (r.e.):	277 1/2RE

Riboflavin B2 (mg):	.5mg
Folacin (mcg):	35mcg
Niacin (mg):	3mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Deficient:	0.0%

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

<b>Calories</b>	293	Calories from Fat: 134
-----------------	-----	------------------------

### % Daily Values\*

<b>Total Fat</b>	15g	23%
Saturated Fat	8g	41%
<b>Cholesterol</b>	102mg	34%
<b>Sodium</b>	448mg	19%
<b>Total Carbohydrates</b>	13g	4%
Dietary Fiber	1g	3%
<b>Protein</b>	26g	
<b>Vitamin A</b>		20%
<b>Vitamin C</b>		43%
<b>Calcium</b>		18%
<b>Iron</b>		141%

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