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How Many Carbs in New England Clam Chowder?New England Clam Chowder is a beloved dish in the United States, originating from the region of New England. This creamy, comforting soup is made with clams, potatoes, onions, and sometimes bacon or salt pork, all swimming in a rich, creamy broth. While its a delicious treat, its natural to wonder how many carbs are hiding in this tasty treat. In this article, well dive into the carb count of New England Clam Chowder, exploring the factors that influence the carb content and providing some estimates based on average serving sizes. Understanding Carbs in Clam ChowderBefore we dive into the numbers, lets quickly review what carbohydrates are and why they matter. Carbohydrates, or carbs, are macronutrients that provide energy to the body. Theyre found in foods like bread, pasta, fruits, and vegetables, and can be classified as simple or complex. Simple carbs are quickly digested and can cause a spike in blood sugar, while complex carbs are broken down more slowly and provide sustained energy. In the case of New England Clam Chowder, the carb content comes primarily from two sources: potatoes and flour. Potatoes are a starchy vegetable, making up a significant portion of the carb content in clam chowder. Theyre also relatively high in fiber, which can help slow down digestion and absorption. Flour, on the other hand, is a common thickening agent used to enrich the broth.Estimating Carbs in New England Clam ChowderTo estimate the carb content of New England Clam Chowder, well need to consider the ingredients and serving sizes. Heres a breakdown of the average carb content of each ingredient in a standard recipe:1 medium potato, diced: 20-25 grams of carbs2 tablespoons of all-purpose flour: 2-3 grams of carbs2 cups of clam broth: 4-6 grams of carbs1/4 cup of milk or cream: 2-4 grams of carbs2 slices of bacon or salt pork: 0-1 gram of carbs1 can of clams (6.5 oz): 0-1 gram of carbsOnions, garlic, and spices: negligible carb contentBased on these estimates, a standard serving of New England Clam Chowder (about 1 cup or 8 oz) would contain:IngredientCarb ContentServing SizePotatoes20-25 grams1 medium potato (diced)Flour2-3 grams2 tablespoonsClam Broth4-6 grams2 cupsMilk/Cream2-4 grams1/4 cupBacon/Salt Pork0-1 gram2 slicesClams0-1 gram1 can (6.5 oz)Onions/Garlic/SpicesNegligibleTotal Carb Content: 38-53 grams per serving (1 cup or 8 oz)Factors Affecting Carb ContentThe carb content of New England Clam Chowder can vary depending on several factors, including:Type of potatoes used: Thicker broths may require more flour, increasing the carb content.Type of milk or cream used: Whole milk or heavy cream will contribute more carbs than 2% or skim milk.Additions and modifications: Adding additional ingredients like bread crumbs, crackers, or pasta can significantly increase the carb content.ConclusionIn conclusion, the carb content of New England Clam Chowder can range from approximately 38-53 grams per serving (1 cup or 8 oz), depending on the ingredients and serving sizes. While potatoes and flour are the primary sources of carbs, the type and amount of each ingredient can affect the overall carb content. By understanding the factors that influence carb content, you can make informed choices and adjust your recipe to meet your dietary needs.Remember, carb counting is just one aspect of a balanced diet. Be sure to also consider protein, healthy fats, and fiber-rich ingredients to ensure a nutritious and satisfying meal. Please note that some foods may not be suitable for some people and you are urged to seek the advice of a physician before beginning any weight loss effort or diet regimen. Although the information provided on this site is presented in good faith and believed to be correct, fatsecret makes no representations or warranties as to its completeness or accuracy and all information, including nutritional values, is used by you at your own risk. 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As a classically trained chef with 40+ years of experience in the kitchen, I share my low-tested recipes, knowledge, and chef tips to help you create easy-to-make restaurant-quality meals in your home kitchen. More about Chef Dennis See what Ive been up to in the kitchen lately! My carefully tested & perfected recipes are always guaranteed to bring smiles to your table! No one should have to spend all day in the kitchen making dinner, and my 30-minute meals are not only easy to prepare, theyre also delicious!! See more 30 Minute Meals-> If you love delicious smoked meats and seafood but think theyre too hard to make, think again. You dont need to be a pitmaster to create delicious dishes your friends and family will love. My easy smoker recipes and cooking tips will elevate your grill game and help you create your favorite smoked dishes. See more smoker recipes New England clam chowder belongs in a soup category of its own. 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In fact, all it takes is a few simple changes to make clam chowder keto.How to Make Delicious, Healthy, and Keto-friendly Clam ChowderThe secret to cutting the carbs from your chowder without losing flavor is to keep it simple.Rather than relying on watery ingredients and using flour to thicken it, use thick and flavorful keto ingredients and let the broth and clam juice thin it.With this clam chowder recipe, for example, youll use cream cheese and heavy cream as your soup base. Along with that, well be incorporating exclusively keto low-carb ingredients, which will add all the flavors and textures we love without the unnecessary carbs.Cooking Tips For The Best Keto Clam ChowderBy following this keto recipe step by step, youll be able to make a super satisfying clam chowder. There are, however, a few extra steps you can use to elevate your experience even more.Start by caramelizing the onions in bacon fat. Before adding the onions to your slow cooker, caramelize them in the leftover bacon fat. This will add an extra kick of umami and bacon flavor to your keto clam chowder.Save some crisp bacon for garnishing. To add another level of texture, sprinkle some crisp bacon on top of your chowder serving.Dont forget the salt! If the flavors are falling flat for you, you may need to add a pinch of salt to bring them to you. Add a touch of hot sauce. This keto clam chowder pairs wonderfully with spice. Try serving with your favorite hot sauce to add an extra punch of flavor.Replace the potatoes with a low-carb vegetable. If you crave the mouthfeel of a starchy potato in your chowder, try using a keto-friendly vegetable.The two best potato substitutes for keto are daikon radish and cauliflower. Simply cut your veggies into spoonable pieces and add them to the slow cooker with the other vegetables. (Just remember to add the extra macronutrients from those veggies with the nutrition info for the clam chowder recipe.)Serve with keto crackers. If you love having chowder with a side of something crunchy and bread-y, try making our Pesto Keto Crackers. They are the perfect low-carb replacement for oyster crackers.Common FAQs for Keto Chowder: Stovetop and Clam-free OptionsThis clam chowder recipe is surprisingly versatile as well. It can easily be converted in a way that fits your flavor and cooking preferences.Do I Need a Slow Cooker? How to Make a Quick Stovetop ChowderIf you want to shorten the cooking time, simply cook it in a large pot on your stovetop.First, cook the veggies through (in the chicken stock). Then, add the clams, clam juice, bacon, cream cheese, and heavy cream. Your chowder will be done once it has reached your desired temperature, and all the ingredients are well incorporated.Are There Any Clam-free Keto Chowder Options?If you are not a fan of clams, replace the clams and clam juice with your preferred seafood, like shrimp, scallops, or crab. You can also use a keto-friendly vegetable like cauliflower or zucchini to replace the clams and clam juice. Cover and cook for 6-8 hours on low.Optionally: Turn slow cooker to high and leave the lid off for 30 minutes if you want to reduce the chowder to make it thicker. Makes a total of 8 servings of Keto Clam Chowder. Each serving comes out to be 471 calories, 39.8g fat, 8.1g net carbs, and 21.6g protein.NUTRITIONALORIESFATCARBSFIBERNET CARBSPROTEIN1/4 cup chicken broth3.70.10.30.34.1 medium onion, chopped410.29.51.38.21.31 small leek, sliced380.39.41.28.212 ribs celery, diced140.131.21.80.64 cloves garlic, minced180.140.33.70.82 tablespoons butter204.230000.22 teaspoon sea salt00000001 teaspoon black pepper50.11.30.50.80.23 ten-ounce cans whole baby clams3757.51501567.58 ounce thick-cut bacon1061803.903.9778 ounces cream cheese7947813013141 1/2 cups heavy cream1214299.809.8101 teaspoon dried thyme3.30.10.80.40.1Totals3771318.5704.965.1173.1Per Serving (8/471)439.88.80.68.121.6 cup chicken broth1 medium onion chopped1 small leek sliced2 stalks celery diced4 cloves garlic minced2 tablespoons butter2 teaspoon sea salt1 teaspoon black pepper30 ounce canned whole baby clams drained, reserving some juice2 cups clam juice8 ounce thick-cut bacon chopped and cooked8 ounces cream cheese softened1 cups heavy cream1 teaspoon dried thymePrep all ingredients. Put slow cooker on low setting.Add chicken broth, onion, leek, celery, garlic, butter, salt, and pepper to the slow cooker. Cover and cook on low for 1 hour.3. Once vegetables have softened, add clams, clam juice, cooked bacon, cream cheese, and heavy cream.4. Stir together until cream cheese is softened and well incorporated. Add thyme and stir again. Cover and cook for 6-8 hours on low.5. Optionally: Turn slow cooker to high and leave the lid off for 30 minutes if you want to reduce the chowder to make it thicker.6. Serve hot and enjoy!Makes a total of 8 servings of Keto Clam Chowder. Each serving comes out to be 471 calories, 39.8g fat, 8.1g net carbs, and 21.6g protein.Calories: 471kcalFat: 39.8g Saturated Fat: 14.4g Cholesterol: 144mg Sodium: 144mg Potassium: 144mg Total Fat: 39.8g Carbs: 55.4g Fiber: 4.4g Net Carbs: 51.0g Protein: 17.1g Sugar: 0.0g Vitamin A: 144IU Vitamin B1: 0.13mg Vitamin B2: 0.17mg Vitamin B3: 1.6mg Vitamin B6: 0.23mg Vitamin B9: 0.23mg Vitamin C: 1.9mg Vitamin D: 0.1mg Vitamin E: 0.42mg Vitamin K: 0.8mg Calcium: 144mg Iron: 1.3mg Magnesium: 144mg Phosphorus: 260mg Zinc: 0.37mg Selenium: 6.3µg Copper: 0.24mg Manganese: 0.13mg Molybdenum: 0.0001mg Nickel: 0.0001mg Silicon: 0.0001mg Sulfur: 0.0001mg Vanadium: 0.0001mg Chromium: 0.0001mg Manganese: 0.13mg Molybdenum: 0.0001mg Nickel: 0.0001mg Silicon: 0.0001mg Sulfur: 0.0001mg Vanadium: 0.0001mg Chromium: 0.0001mg

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