l'm not a robot



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 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 guickly digested and can be classified as simple or complex. sustained energy. In the case of New England Clam Chowder, 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 Chowder 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 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 grams2 tablespoonsClam Broth4-6 grams2 cupsMilk/Cream2-4 grams1/4 cupBacon/Salt Pork0-1 grams2 tablespoonsClam Broth4-6 grams2 cupsMilk/Cream2-4 grams1/4 cupBacon/Salt Pork0-1 grams2 cupsMilk/Cream2-4 grams2 cupsMilk/Cream2-4 grams1/4 cupBacon/Salt Pork0-1 grams2 cupSalt Pork0-1 grams2 cup (1 cup or 8 oz)Factors Affecting Carb Content The carb content of New England Clam Chowder can vary depending on several factors, including: Type of potatoes tend to be higher in carbs than Yukon Gold or red potatoes. Amount of flour 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. 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My chef tips, along with step-by-step instructions, will help you look like a master chef in your kitchen this winter without any of the stress. Everyone loves my restaurant-style recipes! They have been tested and approved by thousands of my readers and continue to be the most popular recipes on my blog. My name is Chef Dennis Littley, creator and owner of Ask Chef Dennis Littley, creator and owner of Ask Chef Dennis Littley, creator and owner of Ask Chef Dennis Littley, creator and chef tips to help you create easy-tomake 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. So creamy and comforting, there is nothing like good clam chowder. However, after taking a closer look, youll often find high-carb veggies and all-purpose flour lurking in every spoonful. These two ingredients turn what could be a keto-friendly staple into a carbladen soup.Its time to flip the script on clam chowder by making it both healthy and satisfying with one simple keto recipe.Is Clam Chowder Keto? Carbs in New England clam chowder, they are rarely made in a keto-friendly way. Both versions rely on high-carb veggies, especially New England clam chowder. After adding potatoes, carrots, and all-purpose flour, the net carb content reaches over 18 grams in each serving. Some recipes even come with over 30 grams per cup! Fortunately for us keto dieters, it is easier to take out the carbs than it is to add them in. In fact, all it takes is a few simple changes to make clam chowder keto. How to Make Delicious, Healthy, and Keto-friendly Clam Chowder The secret to cutting the carbs from your chowder without losing flavor is to keep it simple. Rather than relying on watery 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, youll be incorporating exclusively 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 carmelizing the onions in bacon fat. This will add an extra kick of umami and bacon fat. Before adding the onions in bacon fat. This will add an extra kick of umami and bacon fat. 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 out. 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. 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, meat, or low-carb vegetables. For some culinary inspiration, give this low carb chowder recipe a try: Low Carb Broccoli, Cheddar & Bacon Chowder. Yields 8 servings of Keto Clam Chowder The Preparation 1/4 cup chicken broth 1 medium onion, chopped 1 small leek, sliced 2 ribs celery, diced 4 cloves garlic, minced 2 tablespoons butter 2 teaspoon sea salt1 teaspoon black pepper3 ten-ounce cans whole baby clams, drained2 cups clam juice8 ounce thick-cut bacon, chopped and cooked8 ounces cream theese, softened1 1/2 cups heavy cream1 teaspoon dried thymeThe Execution1. Prep all ingredients. Put the slow cooker on low setting.2. 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. 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.NUTRITIONCALORIESFATCARBSFIBERNET CARBSPROTEIN1/4 cup chicken broth3.70.10.300.30.41 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 butter204230000.22 teaspoon sea salt0000001 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 cream12141299.809.8101 teaspoon dried thyme3.30.10.80.40.40.1Totals3771318.5704.965.1173.1Per 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 ounces thick-cut bacon chopped and cooked8 ounces cream these 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. Once vegetables have softened, add clams, clam juice, cooked bacon, cream cheese, and heavy cream. Stir together until cream cheese is softened and well incorporated. Add thyme and stir again. 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: 471kcalFat: 39.8g fat, 8.1g net carbs, and 21.6g protein. Calories: 471kcalFat: 39.8g fat, 8.1g net carbs, and 21.6g protein. Calories: 471kcalFat: 39.8g fat, 8.1g net carbs, and 21.6g protein. Calories: 471kcalFat: 39.8g fat, 8.1g net carbs, and 21.6g protein. Calories: 471kcalFat: 39.8g fat, 8.1g net carbs, and 21.6g protein. 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The lower the negative value, the higher the alkalinity of the food. 0 is neutral. 6 (acidic) Calories for different serving sizes of new England Clam Chowder Calories in 100 grams 72 Calories in 0.5 cup 91 126 g Nutrient Value DV% In TOP % of foods Comparison Vitamin A 17g 2% 45% Calories 72kcal 4% 80% 1.5 times more than Orange Protein 3.2g 8% 70% 1.1 times more than Broccoli Fats 2.1g 3% 67% 16.2 times less than Cheese Vitamin C 4.1mg 5% 31% 12.9 times less than Lemon Net carbs 9.6g N/A 46% 5.6 times less than Cheese Vitamin C 4.1mg 5% 31% 12.9 times le 6mg 2% 51% 62.2 times less than Egg Vitamin D 0g 0% 100% N/A Magnesium 13mg 3% 77% 10.8 times less than Almonds Calcium 16mg 2% 61% 7.8 times less than Coca-Cola Fiber 0.7g 3% 54% 3.4 times less than Orange Copper 0.24mg 27% 28% 1.7 times more than Shiitake Zinc 0.37mg 3% 76% 17.1 times less than Beef broiled Phosphorus 260mg 37% 21% 1.4 times more than White bread Vitamin E 0.42mg 3% 60% 3.5 times less than Kiwi Manganese 0.17mg 7% 54% Selenium 6.3g 11% 65% Vitamin B1 0.13mg 10% 43% 2.1 times less than Pea raw Vitamin B2 0.17mg 13% 55% 1.3 times more than Avocado Vitamin B3 1.6mg 10% 62% 6.2 times less than Sunflower seeds Vitamin B3 1.6mg 10% 62% 6.2 times less than Oats Vitamin B1 0.23mg 5% 79% 4.9 times less than Sunflower seeds Vitamin B3 1.6mg 10% 62% 6.2 times less than Oats Vitamin B2 0.17mg 13% 55% 1.3 times more than Avocado Vitamin B3 1.6mg 10% 62% 6.2 times less than Sunflower seeds Vitamin B3 1.6mg 10% 62% 6.2 times less than Oats Vitamin B3 1.6mg 10% 62% 6.2 times less than Sunflower seeds Vitamin B3 1.6mg 10% 62% 6.2 times less than Oats Vitamin B3 1.6mg 10% 62% 6.2 times less than Sunflower seeds Vitamin B3 1.6mg 10% 62% 6.2 times less than Oats Vitamin B3 1.6mg 10% 62% 6.2 times less than Sunflower seeds Vitamin B3 1.6mg 10% 62% 6.2 times less than Oats Vitamin B3 1.6mg 10% more than Pork Vitamin K 0.8g 1% 79% 127 times less than Broccoli Trans fat 0.01g N/A 70% 1145.4 times less than Broccoli Trans fat 0.96g 5% 61% 6.1 times less than Broccoli Trans fat 0.96g N/A 47% 49.2 times less than Walnut Caffeine 0mg 0% 100% Omega-3 - DPA 0.01g N/A 39% 69 times less than Salmon Omega-3 - DPA 0.01g N/A 39% 132.7 times less than Salmon Omega-3 - Bean and ham soup servings per container Serving Size Total Fat 2.1g Total Carbohydrate 10g All the values for which the sources are not specified explicitly are taken from FDAs Food Central. The exact link to the food presented on this page can be found below. Data provided by FoodStruct.com should be considered and used as information only. Please consult your physician before beginning any diet. Two cups of clam chowder on a wooden table. Image Credit: bonchan/iStock/Getty Images Although clam chowder is not a low-calorie food, it does provide you with some essential nutrients, and you can still include it in moderation in a healthy meal plan. But overindulging clam chowder, especially New England clam chowder, can cause you exceed your daily calorie allotment and gain weight. Calorie Stan cream-based New England clam chowder. According to the U.S. Department of Agriculture National Nutrient Database for Standard Reference, 1 cup of ready-to-eat New England clam chowder contains 201 calories. To reduce the calorie content of homemade New England clam chowder provides just 134 calories per cup. Choosing soups that are not cream-based -such as Manhattan clam chowder -- instead of New England clam chowder can significantly reduce your daily calories, 1 cup of tomato soup prepared using low-fat milk provides 139 calories, tomato soup prepared with water contains 74 calories and 1 cup of beef with vegetables soup provides 120 calories, according to the USDA. Clam chowder is high in sodium, which contributes to heart disease when consumed in excess. The USDA notes that 1 cup of Manhattan-style clam chowder and 1 cup of Manhattan-style clam chowder and 1 cup of Manhattan-style clam chowder is high in sodium, respectively, which is almost half of an adult's recommended daily sodium allotment. The publication "Dietary Guidelines for Americans, 2010" suggests that adults limit sodium to 1,500 milligrams per day. Try reduced-sodium varieties of clam chowder. Eating clam chowder, especially if you choose New England clam chowder, contributes to a significant percentage of your daily to maintain healthy body and the second s weights. Weight-loss calorie needs generally range from 1,200 to 1,600 calories per day, notes the National Heart, Lung and Blood Institute. Therefore, if you're having a difficult time controlling your calorie intake, choose small portions of clam chowder or pick low-calorie soups. Take a seat at the worlds ultimate foodie table and join us on a delicious journey through hand-picked content from top chefs, culinary experts, and creators. How can financial brands set themselves apart through visual storytelling? Our experts explainhow.Learn MoreThe Motorsport Images Collections captures events from 1895 to todays most recentcoverage.Discover The CollectionCurated, compelling, and worth your time. Explore our latest gallery of EditorsPicks.Browse Editors' FavoritesHow can financial brands set themselves apart through visual storytelling? Our experts explainhow.Learn MoreThe Motorsport Images Collections captures events from 1895 to todays most recentcoverage.Discover The CollectionCurated, compelling, and worth you time. Explore our latest gallery of EditorsPicks.Browse Editors' FavoritesHow can financial brands set themselves apart through visual storytelling? Our experts explainhow.Learn MoreThe Motorsport Images Collections captures events from 1895 to todays most recentcoverage.Discover The CollectionSurf. Explore our latest gallery of EditorsPicks.Browse Editors' Favorites Even if you cant get to the New England shore for seafood, you can still enjoy a taste of the salt air with a batch of authentic New England clam chowder. This creamy, savory soup comes loaded with tender clams and cooked potatoes. All you need on the side is a packet of oyster crackers (maybe homemade flavored oyster crackers?) or a hunk of crusty bread.No fresh clams nearby? Not to worry; this contest-winning chowder recipe is made with canned or frozen clams that are available year-round at most stores. Bacon, onion and bottled clam juice are also easy to find. The whole recipe takes less than an hour, making it perfect for a weekend lunch or weeknight dinner.New England Clam Chowder vs. Manhattan Clam Chowder is classic American dish that was enjoyed as early as the 1700s by settlers who found an abundance of fresh quahogs and razor clams along the shore. A traditional New England Clam Chowder is cream-based with chunks of diced potatoes, onions, salt pork and chopped clams. Manhattan clam chowder is made with a tomato-based broth. Dont forget the third style: Rhode Island clam chowder is made with clear broth. New England-style chowder was first served in restaurants in the 1800s and today is a favorite of tourists and locals alike. Though some people prefer chowders with a thick and gluey texture, a true New England clam chowder has a thinner, more milky base. Clam Chowder Ingredients Chopped clams: Canned and frozen clams are precooked, which is why they re added to the chowder at the end of the cook time. If you can get fresh clams, you can absolutely use them. Chop and add the clams to the soup a little earlier in the process, and let them simmer for several minutes, until cooked through. Bacon: Diced, cooked bacon gives a delightful salty and smoky flavor when sprinkled over bowls of steaming-hot chowder and adds extra texture in every bite. Dont cook the bacon in advance; that way you can use the drippings to saute the aromatics. Onion, celery and garlic: This classic culinary combo helps create a flavor base for the soup. Chop the onion and celery to about the same size for more even cooking. Learn how to mince garlic if youre not confident with your knife skills.Potatoes: Yukon Golds are one of the best types of potatoes for clam chowder. They hold their shape in the finished chowder but they also release some starch, which helps to thicken the broth.Clam juice: Youll often find bottled clam juice in the soup aisle near other broths. If you cant find it, canned fish stock works, or even chicken broth in a pinch.Half-and-half: This is a creamy soup that calls for quality dairy products. Fat-free or regular half-and-half both work in this recipe. DirectionsStep 1: Cook the bacon and transfer them to a paper towel-lined plate to drain. Saute the chopped onions and celery in the drippings, stirring occasionally, until theyre tender. Add the minced garlic and cook for another minute. Step 2: Simmer the soup Taste of Home Stir in the cubed potatoes, water, clam juice, chicken bouillon, white pepper and thyme. Bring the soup to a boil. Reduce the heat and simmer, uncovered, for 15 to 20 minutes, until the potatoes are tender. Step 3: Add the cream and clamsTaste of HomeIn a small bowl, whisk together the flour and 1 cup half-and-half until smooth. Gradually stir it into the soup. Bring the soup to a boil. Cook and stir until the soup has thickened, about one to two minutes. Stir in the chopped clams (and their liquid) and the remaining 1 cup half-and-half. Stir until the clams are heated through, but do not boil the soup. Step 4: Garnish and serveLadle the chowder into bowls. Crumble the cooked bacon and sprinkle it over each bowl. Editors Tip:Serve the chowder hot with oyster crackers on the side. Homemade bread bowls are another delicious way to enjoy this chowder. Taste of HomeRecipe VariationsMake it creamier: By using regular half-and-half (made of equal parts milk and cream) instead of fat-free (which is just skim milk with corn syrup) the chowder will be thicker, extra creamy and more filling. Make it creamier: By using regular half-and-half (made of equal parts milk and cream) instead of fat-free (which is just skim milk with corn syrup) the chowder will be thicker, extra creamy and more filling. Make it creamier: By using regular half-and-half (made of equal parts milk and cream) instead of fat-free (which is just skim milk with corn syrup) the chowder will be thicker. recipe recommend replacing the water with more clam juice, and adding in an extra can of chopped clams. Use traditional salt pork. To give your chowder a salty, savory flavor without the smokiness of bacon, substitute salt pork. bits as a topping on the finished chowder. How long does clam chowder last? Let the chowder cool completely, then transfer it to an airtight containers are our favorites.) Store the chowder in the fridge for three to four days. To reheat it, warm the chowder on low in a saucepan on the stove, or in short bursts in the microwave. Can you freeze clam chowder? New England clam chowder isnt a good option for the freezer. Most dairy-based soups will have a grainy texture once thawed. Its best to enjoy this soup within three to four days of making it. But if you need to freeze the chowder, it can be safely frozen for two to three months. A few tricks from our guide to freezing soup can make it taste as creamy as day one, like avoiding boiling and adding cream as you reheat. Clam Chowder TipsTaste of HomeWhat can you add to New England clam chowder? Traditional clam chowder? Traditional clam chowder? additional suggestions from our readers include using chicken stock instead of water, or adding grated carrot, sliced red bell pepper, red pepper flakes, Old Bay seasoning or a dash of Tabasco sauce. How do you thicken New England clam chowder? This clam chowder? This clam chowder? This clam chowder is thickened with a slurry of dairy and flour thats added to the pan as it simmers Mixing the fat-free half-and-half with flour beforehand prevents the flour from clumping. You can also thicken she broth. Here are more tips for how to thicken sauce, soupside and thicken sauce, soupside and thicken sauce soupside and thicken sauce. and chowders. What do you serve with New England clam chowder? The chowder is hearty and filling, so the sides can be simple: Try a fresh green salad with a light vinaigrette and any of our gorgeous bread recipes with a pat of butter. Meet the Taste of Home Team At Taste of Home, we're lucky to have an office full of folks who are passionate about all things food and home. Our Test Kitchen includes professional chefs, registered dietitians and other culinary experts who help bring your best recipes to life. These pros partner with our editorial team to share must-know cooking techniques and the latest food trends, plus entertaining tips, gift ideas and cleaning advice we know you'll love, too Clam chowder has a long history and is deeply rooted in New England cuisine. The dish typically consists of clams, potatoes, onions, celery, and a creamy broth, resulting in a satisfying and comforting meal. Regional VariationsClam chowder is not limited to New England alone. England-style clam chowder features a creamy broth, while Manhattan-style clam chowder is characterized by a tomato-based broth. Each variation offers a unique taste experience. Image from FlickrCalories of clam chowder contains approximately 200-300 calories. Read also: 18 Mullet Nutrition Facts Protein/ clams of protein, which is essential for muscle repair and overall health. Carbohydrates Clam chowder often contains potatoes, which contribute to its carbohydrate content. A 1-cup serving of clam chowder may contain 20-30 grams of carbohydrates. However, its worth noting that clam chowder can be modified to fit low-carb diets by reducing the potato content or using alternative ingredients. FatThe fat content in clam chowder can be modified to fit low-carb diets by reducing the potato content or using alternative ingredients. used. Cream-based clam chowders tend to have a higher fat content, while broth-based varieties may be lower in fat. On average, a serving of clams and any additional salt used in the recipe. A one-cup serving of clam chowder may contain around 600-800 milligrams of sodium. Individuals who need to limit their sodium intake should be mindful of their portion sizes and consider lower-sodium alternatives. Vitamins and MineralsClam chowder is a good source of essential vitamins and minerals. It provides nutrients such as vitamin C, vitamin B12, iron, and potassium, which are vital for overall health and well-being. Control Portion Sizes Be mindful of portion sizes when serving clam chowder. Enjoy a reasonable serving that fits within your overall calorie and macronutrient goals. Read also: 18 Italian Ice Nutrition Facts Opt for Broth-Based Varieties If youre looking to reduce the fat content of clam chowder, consider choosing broth-based options over cream-based ones. Broth-based clam chowders are typically lower in calories and fat while still offering a delicious taste. Add Vegetables Enhance the nutritional value of clam chowders are typically lower in calories and fat while still offering a delicious taste. Add Vegetables Enhance the nutritional value of clam chowder by adding additional vegetables to the recipe. Incorporate carrots, corn, peas, or spinach to increase the fiber and vitamin content of the dish.Image from FlickrChoose Lean Protein Sources While clams are already a good source of protein, you can further improve the nutritional profile of clam chowder by including lean protein sources such as white fish or shrimp. This can add variety and increase the overall protein content of the dish.Experiment with Alternative IngredientsExplore lighter versions of clam chowder by using alternative ingredients. Consider using reduced-fat dairy or plant-based milk alternatives to create a creamy texture while reducing its nutrition facts and making conscious choices, you can fully enjoy this classic dish while maintaining a balanced diet. Whether you opt for the creamy richness of Manhattan-style, let the savory delights of clam chowder or the vibrant tanginess of Manhattan-style, let the savory delights of clam chowder warm your taste buds. Frequently Asked Questions (FAQs) Iso and making conscious choices, you can fully enjoy this classic dish while maintaining a balanced diet. clam chowder high in sodium? The sodium content of clam chowder can vary depending on the recipe and ingredients used. Cream-based clam chowders may contain higher sodium diet. Can I make if youre on a low-sodium diet. Can I make if youre on a low-sodium diet. clam chowder gluten-free?Yes, clam chowder can be made gluten-free by using alternative thickening agents such as cornstarch or gluten-free flour. Additionally, ensure that other ingredients and seasonings used in the recipe are also gluten-free.Can I freeze clam chowder for later consumption?Yes, clam chowder can be frozen for future use. However, its worth noting that the texture and consistency may slightly change upon thawing. Consider storing clam chowder in airtight containers or freezer bags to maintain its quality. Can I make a vegetarian or vegan version of clam chowder? Yes, it is possible to create vegetarian or vegan versions of clam chowder by using plant-based alternatives to clams and dairy products. Replace clams with mushrooms or tofu for a vegetarian version, and use plant-based milk or cream substitutes for a vegetarian version. How can I enhance the flavor of clam chowder without relying heavily on salt or fat, consider using herbs and spices such as thyme, parsley, garlic, and black pepper. These additions can bring out the natural flavors of the clams and other ingredients without the need for excessive seasoning. Share copy and redistribute the material in any medium or format for any purpose, even commercially. 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For example, other rights such as publicity, privacy, or moral rights may limit how you use the material. My creamy New England Clam Chowder is made with tender clams, chunks of russet potatoes, a mirepoix of vegetables, and smoky bacon. Making every bite of this delicious soup a culinary event. Bring the taste of New England to your home with this easy Clam Chowder recipe. the United States and clam chowders and seafood stews could be found cooking on the stoves in many New Englanders households. But with the advent of canned soups, America stopped making homemade soups and most seafood stews could be found cooking on the stoves in many New Englanders households. But with the advent of canned soups and most seafood soups became an extravagance we only got to enjoy on those special occasions when we would dine out. You might also enjoy my version of Manhattan chowder. Little Neck clams are most often the type of clams youll find in supermarkets. This size clam is generally used in pasta dishes such as clams and spaghetti. And thats because the larger the clam gets, the tougher and chewier it will be., A lot of supermarkets also carry Middle Necks (pictured above), Top Necks or Cherrystone. Pasta Necks (or Spaghetti clams) smaller than Little Necks, they are tender and easy to digest. Their delicate flavor goes well in light sauces, pasta or rice dishes. Middle Neck rich, firm-textured meat has a salty and slightly sweet flavor. Great for steaming in a garlic sauce and for soups. Top Neck typically eaten raw on the half shell, grilled open or as a baked clam appetizer such as clams. Chowder the largest and toughest hard clams, usually winding up in chowders. If you dont see them, ask the seafood person if the larger clams can be ordered. Lets start by gathering the ingredients up ahead of time speed the cooking process, but it also helps ensure you have everything you need to make the dish. fresh clams russet potatoes (or red potatoes) bacon celery, onions, carrotsheavy creamwhole milkbutterall-purpose flourthymeblack pepper Im not a fan of using a bay leaf in my chowder, but feel free to add one or two bay leaves if you enjoy the flavor it imparts. The first step is steaming the clams to the pot and cover. Steam the clams for 8-10 minutes or until they open. **Dont let the clams cook longer than it takes to steam open. Once the clams have steamed open, remove them from the stove and allow them to cool until you can safely handle the clams. When the clams have sufficiently cooled, remove the meat from the shell; it will be tough and chewy. **Discard the shells but make sure to save all the clam broth from the steamed clams. The natural flavor of the clam juice really enhances the overall flavor of the chowder. Chops the clams into small pieces and refrigerate the chopped clams. You will also need a bottle of clam juice with either of these choices. In a 4- 6 quart soup pot (or dutch oven) cook the bacon over medium-high heat until its almost done. Add the onions, celery, and carrots and continue cooking for 5-6 minutes. *Authentic Clam Chowder would have used salt pork instead of bacon. Reduce the heat to low and add the flour to the pot to make a roux. This will thicken the soup. Allow the roux to cook over low heat for 5-7 minutes, but dont letters. the roux get dark or burn. Heat the clam broth in a saucepan while the roux is cooking. Add the hot clam broth to the roux and mix well using a wire whisk. When thoroughly mixed, add the potatoes and fresh thyme into the pot and stir to mix well. Now add the whole milk and the heavy cream. Allow the soup to simmer over low heat for about an hour. **If the soup gets too thick, add water to the pot. I wouldnt add any more dairy at this point, just water. Before serving the chowder, add in the chopped clams and simmer for 5 additional minutes to bring the soup back to temperature. chowder. Yes, you can. You may need to add a little water to the soup when reheating. What is the difference between Clam Chowder? New England Clam Chowder? New England Clam Chowder? New England Clam Chowder than other regional types of clam chowder. The other two styles of clam chowder, Rhode Island Clam Chowder, are both tomato-based broth-style soups. Why is it called New England Clam Chowder, are both tomato-based broth-style soups. thus lending to the name of New England Clam Chowder. Can I use canned clams to make New England Clams are not readily available. Make sure to buy extra clam juice when purchasing canned clams to help make the chowder. Chef Dennis Littley Making delicious restaurant-style soups in your kitchen isn't difficult. It's all about the ingredients and a few simple techniques. And my New England Clam Steamed and chopped)2-3 cups clam juice (from steamed clams)4 strips bacon4 tablespoons unsalted butter1 large onion small dice2 large carrots small dice2 medium potatoes cut into -inch cubes1 teaspoon fresh thyme leaves chopped cup all-purpose flour3 cups milk cup heavy cream teaspoon black peppersea salt to tasteThe first step in making New England Clam Chowder is steaming open the clams. Add one cup of water to a large pot over medium heat. Add the clams and cover. Steam the clams are cool, remove from the heat and allow to cool. When the clams are cool, remove the clams are cool, remove the clams and cover. shell). Chops the clams into small pieces and refrigerate until needed.Discard the Shells but Save the Clam Broth in the bottom of the pot. You will heat this up and use it to make the soup.Set a 4- to 6-quart pot over medium-low heat. Add the bacon and cook, turning occasionally, until crisp. About 8 to 10 minutes. Add the butter, onion, celery, and carrots, to the pot. Continue to cook the mixture for 4-6 minutes. Stirring the roux to cook over low heat for 5-7 minutes, but dont let the roux get dark or burn. Heat the stock in a saucepan while the roux is cooking. Add the hot stock to the roux and mix well using a wire whisk.Add the potatoes, and fresh thyme into the soup at this timestirring them into the soup and let th chowder, add in the chopped clams and simmer for 5 additional minutes to bring the soup back to temperature. Serve the Chowder with crackers, bread and a bottle of hot sauce. Many supermarkets carry frozen, chopped clams come from China or Indonesia. If using frozen clams, allow to fully thaw before adding to the soup. Youll also need jarred clam juice if you use frozen clams., Calories: 337kcalCarbohydrates: 20gProtein: 18gFat: 20gSaturated Fat: 11gTrans Fat: 11g 3mgCalcium: 143mgIron: 1mg Mention @askchefdennis! 1 cup of Campbell's new england clam chowder contains 180 Calories. The macronutrient breakdown is 36% carbs, 51% fat, and 13% protein. Amount Unit cup For 1 cup of Campbell's new england clam chowder contains 180 Calories. fats0g Net carbs14g Fiber2g 7%Sugar0.5g Calcium30mg 3%Iron1mg 13%Potassium210mg 4%Vitamin D0g 0%Vitamins and MineralsAlpha carotene Beta carotene Beta carotene Beta carotene Beta carotene Caffeine Choline Copper Fluoride Folate (B9) Lycopene Magnesium Manganese Niacin Pantothenic acid Phosphorus Retinol Riboflavin (B2) Selenium Theobromine Thiamine Vitamin A I Vitamin A Vitamin B12 Vitamin B6 Vitamin D IU Vitamin D3 Vitamin D3 Vitamin D3 Vitamin K Zinc SugarsSugar0.5g Sucrose Glucose Fructose Lactose Maltose Galactose Starch FatsSaturated fats Polyunsaturated fats Polyuns Docosahexaenoic Acid (DHA) Eicosapentaenoic Acid (EPA) Docosapentaenoic Acid (DPA) Amino AcidsAlanine Arginine Aspartic acid Cystine Glutamic acid Glycine Histidine Hydroxyproline Isoleucine Leucine Lysine Methionine Phenylalanine Proline Serine Threonine Tryptophan Tyrosine Valine Keto Crock Pot Clam Chowder Generate vour perfect meal plan in 2 clicks with our Automatic Meal Planner: Create a meal plan

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chowder.