



Almejas con Tomates (Clams with Cherry Tomatoes)

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



157 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 ounce diagonally bread french cut ()
- ☐ 1 pint cherry tomatoes
- ☐ 0.3 cup cooking wine dry white
- ☐ 0.5 cup parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 large optional: lemon sliced into 12 wedges
- ☐ 2 pounds littleneck clams scrubbed

☐ 2 tablespoons olive oil

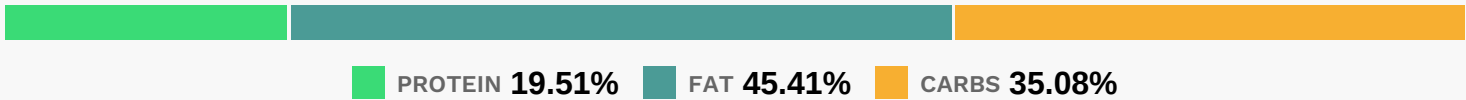
Equipment

☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add tomatoes; saut 6 minutes or until lightly browned.
- ☐ Add wine, clams, garlic, and lemon, stirring to coat; cover, reduce heat, and cook 8 minutes or until shells open. Discard any unopened shells.
- ☐ Sprinkle with parsley.
- ☐ Serve clam mixture with French bread.

Nutrition Facts



Properties

Glycemic Index:52.5, Glycemic Load:3.88, Inflammation Score:-8, Nutrition Score:17.64086964856%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.59mg, Hesperetin: 7.59mg, Hesperetin: 7.59mg, Hesperetin: 7.59mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 1.29mg, Myricetin: 1.29mg, Myricetin: 1.29mg, Myricetin: 1.29mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 156.77kcal (7.84%), Fat: 7.78g (11.96%), Saturated Fat: 1.11g (6.92%), Carbohydrates: 13.51g (4.5%), Net Carbohydrates: 11.5g (4.18%), Sugar: 4.17g (4.63%), Cholesterol: 10.21mg (3.4%), Sodium: 80.61mg (3.5%), Alcohol: 1.54g (100%), Alcohol %: 0.9% (100%), Protein: 7.52g (15.03%), Vitamin K: 130.73µg (124.5%), Vitamin B12: 3.84µg (64.07%), Vitamin C: 51.72mg (62.7%), Vitamin A: 1318.39IU (26.37%), Selenium: 13.37µg (19.1%), Vitamin E: 2.01mg (13.43%), Iron: 2.36mg (13.14%), Manganese: 0.25mg (12.65%), Phosphorus: 121.59mg (12.16%), Potassium: 377.37mg

(10.78%), Folate: 40.36µg (10.09%), Fiber: 2.02g (8.08%), Vitamin B6: 0.16mg (7.94%), Vitamin B1: 0.12mg (7.93%), Copper: 0.14mg (7.19%), Magnesium: 27.16mg (6.79%), Vitamin B3: 1.24mg (6.21%), Calcium: 51.47mg (5.15%), Vitamin B2: 0.09mg (5.09%), Zinc: 0.54mg (3.63%), Vitamin B5: 0.32mg (3.24%)