



## Basic Steamed Clams



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



72 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 4 pounds clams scrubbed
- ☐ 1 cup cooking wine dry white
- ☐ 1 cup water

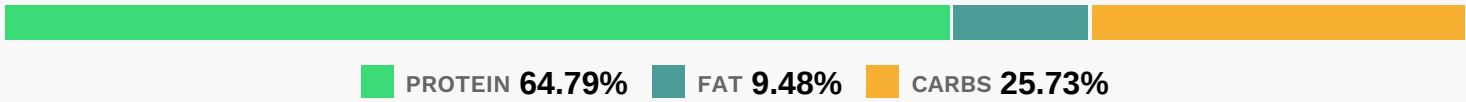
### Equipment

- ☐ pot
- ☐ slotted spoon

# Directions

- ☐ Bring water and wine to a boil in a stockpot.
- ☐ Add clams; cover and return to a boil. Boil five minutes. Immediately remove open clams with a slotted spoon. Continue cooking remaining clams for 2 to 3 minutes; others may open. Discard any still unopened clams, reserving clam broth.
- ☐ Serve immediately; with broth, if desired.

## Nutrition Facts



## Properties

Glycemic Index:7, Glycemic Load:0.59, Inflammation Score:-3, Nutrition Score:6.3113043146289%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 71.81kcal (3.59%), Fat: 0.44g (0.67%), Saturated Fat: 0.08g (0.53%), Carbohydrates: 2.66g (0.89%), Net Carbohydrates: 2.66g (0.97%), Sugar: 0.38g (0.43%), Cholesterol: 13.61mg (4.54%), Sodium: 29.37mg (1.28%), Alcohol: 4.12g (100%), Alcohol %: 4.18% (100%), Protein: 6.7g (13.39%), Vitamin B12: 5.13µg (85.43%), Selenium: 13.92µg (19.89%), Phosphorus: 97.01mg (9.7%), Iron: 0.84mg (4.68%), Manganese: 0.09mg (4.27%), Magnesium: 13.01mg (3.25%), Vitamin A: 136.08IU (2.72%), Calcium: 22.47mg (2.25%), Vitamin E: 0.31mg (2.06%), Zinc: 0.28mg (1.89%), Copper: 0.03mg (1.6%), Vitamin B2: 0.02mg (1.42%), Potassium: 49.27mg (1.41%), Vitamin B6: 0.02mg (1.23%), Vitamin B3: 0.2mg (1.01%)