



Big Clams with Caperberries and Lemon



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



218 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons caperberries
- ☐ 1 bunch flat parsley chopped
- ☐ 1 clove garlic sliced thin
- ☐ 2 lemon zest (segmented)
- ☐ 24 littleneck clams rinsed scrubbed
- ☐ 6 tablespoons olive oil extra-virgin
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 0.3 cup white wine

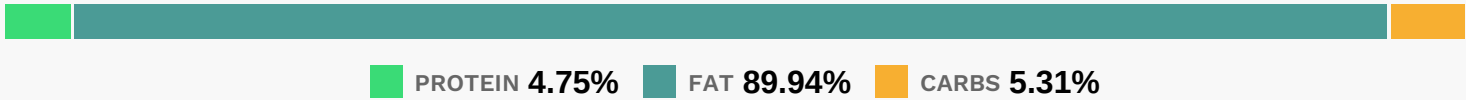
Equipment

☐ frying pan

Directions

- ☐ In a 12 to 14–inch saute pan, heat the olive oil and garlic over medium heat until the garlic is golden brown.
- ☐ Add the clams, caperberries, and lemon zest. Cook for about 3 minutes.
- ☐ Add white wine and lemon segments, cover, and cook until all clams have opened.
- ☐ Season with salt and pepper, add the parsley, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:0.4, Inflammation Score:-8, Nutrition Score:10.985652161681%

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 Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 8.1mg, Kaempferol: 8.1mg, Kaempferol: 8.1mg, Kaempferol: 8.1mg Myricetin: 2.13mg, Myricetin: 2.13mg, Myricetin: 2.13mg, Myricetin: 2.13mg Quercetin: 10.41mg, Quercetin: 10.41mg, Quercetin: 10.41mg, Quercetin: 10.41mg

Nutrients (% of daily need)

Calories: 218.06kcal (10.9%), Fat: 21.3g (32.77%), Saturated Fat: 2.96g (18.48%), Carbohydrates: 2.83g (0.94%), Net Carbohydrates: 1.81g (0.66%), Sugar: 0.42g (0.47%), Cholesterol: 3.78mg (1.26%), Sodium: 182.67mg (7.94%), Alcohol: 1.54g (100%), Alcohol %: 2.69% (100%), Protein: 2.53g (5.06%), Vitamin K: 248.08µg (236.27%), Vitamin C: 23.31mg (28.26%), Vitamin A: 1248.61IU (24.97%), Vitamin B12: 1.42µg (23.73%), Vitamin E: 3.28mg (21.86%), Iron: 1.39mg (7.74%), Folate: 24.25µg (6.06%), Selenium: 4.09µg (5.84%), Fiber: 1.02g (4.09%), Manganese: 0.08mg (4.05%), Phosphorus: 38.18mg (3.82%), Magnesium: 13.81mg (3.45%), Calcium: 34.36mg (3.44%), Potassium: 107.14mg (3.06%), Copper: 0.06mg (2.86%), Vitamin B2: 0.03mg (1.94%), Vitamin B6: 0.04mg (1.89%), Zinc: 0.27mg (1.81%), Vitamin B3: 0.3mg (1.52%), Vitamin B1: 0.02mg (1.29%)