



HEALTH SCORE

66%

Brodetto di Cozze e Vongole con Bruschetta di Erbe (Steamed Clam and Mussel Soup)

 Dairy Free  Very Healthy

READY IN



72 min.

SERVINGS



4

CALORIES



662 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 56 ounce tomatoes whole crushed peeled canned
- ☐ 0.5 medium carrots shredded finely
- ☐ 1 teaspoon chili flakes hot
- ☐ 4 servings coarse salt
- ☐ 4 slices crusty peasant bread
- ☐ 2 cups cooking wine dry white
- ☐ 0.3 cup olive oil extra virgin

- ☐ 4 tablespoons olive oil extra virgin for bruschetta plus more
- ☐ 1 tablespoon basil mixed fresh chopped
- ☐ 3 tablespoons thyme leaves dried fresh chopped
- ☐ 2 cloves garlic thinly sliced
- ☐ 4 garlic cloves peeled thinly sliced
- ☐ 20 littleneck clams scrubbed drained
- ☐ 20 mussels scrubbed
- ☐ 1 onion spanish chopped
- ☐ 1 bunch parsley italian finely chopped
- ☐ 4 servings salt to taste
- ☐ 2 scallions thinly sliced

Equipment

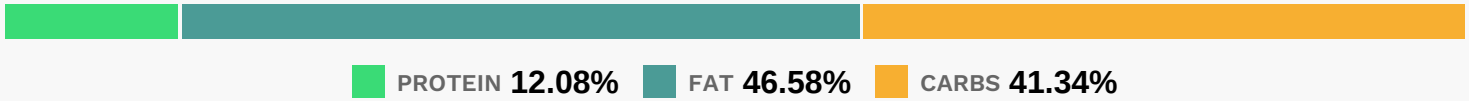
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ grill

Directions

- ☐ /2 cup basic tomato sauce, recipe follows;
- ☐ Place a 12 to 14-inch saute pan over medium high heat and heat the oil until smoking.
- ☐ Add the scallions, the garlic and the chili flakes and cook until soft and light golden brown, about 1 minute.
- ☐ Add the clams and mussels and stir to mix.
- ☐ Add the wine and tomato sauce, cover and cook until clams and mussels are all open, about 5 to 6 minutes. Meanwhile, grill or toast the bread until quite dark.
- ☐ Remove and drizzle with extra virgin olive oil.
- ☐ Sprinkle with chopped herbs and some coarse salt.

- ☐
- Remove lid from clam pan, add parsley and stir through. Divide the broth, the clams and the mussels among 4 bowls, top with bruschetta and serve.;
- ☐
- In a 3-quart saucepan, heat the olive oil over medium heat.
- ☐
- Add the onion and garlic and cook until soft and light golden brown, about 8 to 10 minutes.
- ☐
- Add the thyme and carrot and cook 5 minutes more, until the carrot is quite soft.
- ☐
- Add the tomatoes and juice and bring to a boil, stirring often. Lower the heat and simmer for 30 minutes until as thick as hot cereal. Season with salt and serve. This sauce holds 1 week in the refrigerator or up to 6 months in the freezer.

Nutrition Facts



Properties

Glycemic Index:121.33, Glycemic Load:28.64, Inflammation Score:-10, Nutrition Score:44.960434955099%

Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 30.9mg, Apigenin: 30.9mg, Apigenin: 30.9mg, Apigenin: 30.9mg Luteolin: 2.66mg, Luteolin: 2.66mg, Luteolin: 2.66mg, Luteolin: 2.66mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 2.33mg, Myricetin: 2.33mg, Myricetin: 2.33mg, Myricetin: 2.33mg Quercetin: 8.39mg, Quercetin: 8.39mg, Quercetin: 8.39mg, Quercetin: 8.39mg

Nutrients (% of daily need)

Calories: 661.88kcal (33.09%), Fat: 30.93g (47.59%), Saturated Fat: 4.47g (27.96%), Carbohydrates: 61.77g (20.59%), Net Carbohydrates: 54.07g (19.66%), Sugar: 15.43g (17.14%), Cholesterol: 14.57mg (4.86%), Sodium: 1494.29mg (64.97%), Alcohol: 12.36g (100%), Alcohol %: 2.16% (100%), Protein: 18.06g (36.12%), Vitamin K: 278.97µg (265.69%), Manganese: 2.44mg (121.85%), Vitamin B12: 6.08µg (101.38%), Vitamin C: 72.64mg (88.05%), Vitamin A: 3520.23IU (70.4%), Iron: 10.76mg (59.8%), Selenium: 41.25µg (58.93%), Vitamin B1: 0.75mg (50.14%), Vitamin E: 7.48mg (49.89%), Folate: 164.48µg (41.12%), Vitamin B2: 0.66mg (39.11%), Vitamin B6: 0.74mg (36.79%), Vitamin B3: 7.24mg (36.22%), Potassium: 1263.28mg (36.09%), Fiber: 7.7g (30.78%), Phosphorus: 300.73mg (30.07%), Magnesium: 114.6mg (28.65%), Copper: 0.51mg (25.5%), Calcium: 247.1mg (24.71%), Zinc: 2.49mg (16.58%), Vitamin B5: 1.13mg (11.26%)