



HEALTH SCORE

55%

Cast-Iron Roasted Clams



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



434 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 4 lb hard-shelled clams such as littlenecks scrubbed well (less than 2 inches wide)
- ☐ 0.3 cup parsley fresh chopped
- ☐ 16 garlic cloves peeled
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 1.8 pound plum tomatoes halved lengthwise (10 to 12)
- ☐ 3 small onions red quartered ()
- ☐ 0.5 teaspoon pepper flakes dried red hot

- ☐ 3 pounds potatoes red (3- to 4-inch)
- ☐ 1 teaspoon salt

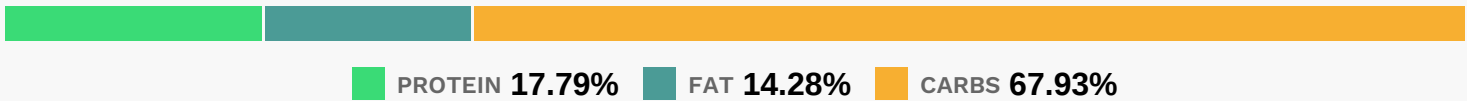
Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 500°F.
- ☐ Cut potatoes into 1/2-inch-thick slices and toss with garlic, onions, oil, salt, and pepper in skillet (or roasting pan). Roast in middle of oven until potatoes begin to brown, about 15 minutes.
- ☐ Add tomatoes, tossing to combine, and roast until skins wrinkle and split, about 10 minutes.
- ☐ Add clams and red pepper flakes and roast, covered with lid (or tightly covered with foil), until clams are fully open, 6 to 10 minutes. (Discard any clams that have not opened after 10 minutes.)
- ☐ Sprinkle with parsley and serve in skillet.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:5.57, Inflammation Score:-10, Nutrition Score:37.233478090037%

Flavonoids

Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg Apigenin: 8.11mg, Apigenin: 8.11mg, Apigenin: 8.11mg, Apigenin: 8.11mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 1.03mg, Myricetin: 1.03mg, Myricetin: 1.03mg, Myricetin: 1.03mg Quercetin: 20.33mg, Quercetin: 20.33mg, Quercetin: 20.33mg, Quercetin: 20.33mg

Nutrients (% of daily need)

Calories: 433.67kcal (21.68%), Fat: 7.14g (10.99%), Saturated Fat: 1.11g (6.92%), Carbohydrates: 76.44g (25.48%), Net Carbohydrates: 66.35g (24.13%), Sugar: 13.28g (14.75%), Cholesterol: 20.41mg (6.8%), Sodium: 702.33mg (30.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.02g (40.04%), Vitamin B12: 7.69µg (128.14%), Vitamin K: 91.64µg (87.27%), Vitamin C: 71.28mg (86.4%), Potassium: 2247.22mg (64.21%), Manganese: 1.11mg (55.72%), Vitamin B6: 1mg (50.05%), Vitamin A: 2275.11IU (45.5%), Phosphorus: 435.47mg (43.55%), Fiber: 10.09g (40.37%), Selenium: 24.71µg (35.29%), Copper: 0.69mg (34.45%), Magnesium: 123.54mg (30.88%), Folate: 116.25µg (29.06%), Vitamin B1: 0.43mg (28.35%), Vitamin B3: 5.59mg (27.93%), Iron: 4.83mg (26.86%), Vitamin E: 2.5mg (16.65%), Zinc: 2.14mg (14.28%), Vitamin B5: 1.42mg (14.2%), Calcium: 128.62mg (12.86%), Vitamin B2: 0.21mg (12.49%)