



Cataplana Stew with Sausage and Clams

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



688 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 0.5 cup bottled clam juice
- 0.5 cup cooking wine dry white
- 3 tablespoons flat-leaf parsley chopped
- 2 cloves garlic minced
- 0.1 teaspoon fresh-ground pepper black
- 16 littleneck clams scrubbed
- 1 tablespoon olive oil

- 1 onion chopped
- 1 teaspoon paprika
- 1 pinch red-pepper flakes dried
- 4 servings salt
- 1.5 pounds mild sausage italian
- 2 tablespoons tomato paste

Equipment

- frying pan
- sauce pan
- pot

Directions

- In a large pot, heat the oil over moderately high heat.
- Add the sausage; cook, turning, until browned, about 10 minutes.
- Remove.
- Pour off all but 2 tablespoons fat.
- Reduce the heat to moderately low.
- Add the onion and cook, stirring occasionally, until translucent, about 5 minutes.
- Add the garlic and paprika and cook, stirring, for 30 seconds longer.
- Remove from the heat.
- Cut the sausage into 1/2-inch slices and stir them and the tomato paste into the pot.
- In a medium stainless-steel saucepan, combine the clam juice, wine, bay leaves, and red-pepper flakes. Discard any clams that are broken or do not clamp shut when tapped.
- Add the clams to the pan. Cover and bring to a boil. Cook, shaking the pan occasionally, until the clams open, about 3 minutes.
- Remove the open clams and continue to cook, uncovering the pan as necessary to remove the clams as soon as they open. Discard any that do not open.
- Carefully pour the clam-cooking liquid into the sausage mixture, leaving any grit in the bottom of the pan.

- Add 2 tablespoons of the parsley, salt if needed, and the black pepper. Bring to a simmer, cover, and continue simmering for 5 minutes. Stir in the clams in their shells. Simmer, covered, just until the clams are warm through, about 1 minute.
- Serve topped with the remaining parsley.
- Wine Recommendation: Try this rustic Portuguese-style stew with that most basic and refreshing of Portuguese white wines, a vinho verde. Look for the youngest bottle you can find.

Nutrition Facts



Properties

Glycemic Index:62.75, Glycemic Load:1.8, Inflammation Score:-7, Nutrition Score:21.247826120128%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg

Nutrients (% of daily need)

Calories: 688.16kcal (34.41%), Fat: 57.1g (87.85%), Saturated Fat: 19.71g (123.17%), Carbohydrates: 10.55g (3.52%), Net Carbohydrates: 9.29g (3.38%), Sugar: 3.5g (3.89%), Cholesterol: 131.79mg (43.93%), Sodium: 1617.54mg (70.33%), Alcohol: 3.09g (100%), Alcohol %: 1.39% (100%), Protein: 26.59g (53.18%), Vitamin B1: 1mg (66.66%), Selenium: 45.72µg (65.32%), Vitamin K: 53.02µg (50.5%), Vitamin B12: 2.51µg (41.77%), Vitamin B6: 0.63mg (31.4%), Vitamin B3: 6.04mg (30.2%), Phosphorus: 287.27mg (28.73%), Zinc: 3.32mg (22.13%), Vitamin B2: 0.33mg (19.3%), Potassium: 638.79mg (18.25%), Iron: 2.94mg (16.31%), Vitamin C: 13.15mg (15.94%), Vitamin A: 701.79IU (14.04%), Manganese: 0.26mg (13.04%), Copper: 0.2mg (10.21%), Vitamin B5: 1mg (9.98%), Magnesium: 38.97mg (9.74%), Vitamin E: 1.12mg (7.48%), Folate: 27.84µg (6.96%), Calcium: 57.1mg (5.71%), Fiber: 1.26g (5.03%)