



## Chopped Baked Clams

READY IN



35 min.

SERVINGS



4

CALORIES



177 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 tablespoons butter melted
- 6.5 ounce clams with juice minced canned
- 1 teaspoon thyme leaves dried
- 1 eggs beaten
- 3 cloves garlic minced
- 1 tablespoon olive oil
- 1 onion chopped
- 1 teaspoon oregano dried
- 0.5 cup seasoned bread crumbs

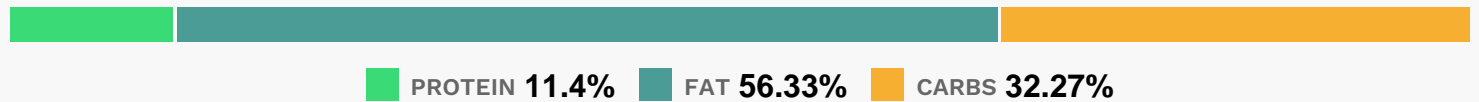
## Equipment

- baking sheet
- sauce pan
- oven
- ramekin

## Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Heat olive oil in a saucepan over medium heat. Cook onion in heated oil for 2 to 3 minutes.
- Add garlic and cook for 1 to 2 minutes more, making sure not to brown the garlic. Stir in the clams, thyme, and oregano.
- Remove from heat and stir in the beaten egg. Once combined, mix in breadcrumbs and spoon mixture into 4 ramekins; arrange on a baking sheet.
- Drizzle butter over each ramekin.
- Bake in preheated oven for 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:34.75, Glycemic Load:0.85, Inflammation Score:-7, Nutrition Score:7.0221738918968%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

## Nutrients (% of daily need)

Calories: 176.62kcal (8.83%), Fat: 11.19g (17.22%), Saturated Fat: 4.68g (29.22%), Carbohydrates: 14.42g (4.81%), Net Carbohydrates: 12.87g (4.68%), Sugar: 2.12g (2.35%), Cholesterol: 58.19mg (19.4%), Sodium: 266.71mg (11.6%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.09g (10.19%), Vitamin K: 17.09µg (16.27%), Vitamin B12: 0.94µg (15.72%), Selenium: 9.76µg (13.94%), Manganese: 0.27mg (13.71%), Vitamin B1: 0.17mg (11.28%), Iron: 1.65mg (9.18%), Vitamin B2: 0.13mg (7.72%), Folate: 30.74µg (7.68%), Phosphorus: 76.35mg (7.64%), Vitamin E: 0.99mg (6.57%), Fiber: 1.55g (6.22%), Calcium: 60.98mg (6.1%), Vitamin A: 302.77IU (6.06%), Vitamin B6: 0.11mg (5.64%), Vitamin B3: 1.04mg (5.21%), Vitamin C: 3.28mg (3.97%), Magnesium: 14.89mg (3.72%), Copper: 0.07mg (3.55%), Zinc: 0.5mg (3.33%), Vitamin B5: 0.33mg (3.32%), Potassium: 112.23mg (3.21%), Vitamin D: 0.22µg (1.47%)