



## Chorizo Clams

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



827 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 tablespoon canola oil
- 0.3 cup cilantro leaves chopped
- 2 servings cilantro sprigs for garnish
- 3 garlic cloves smashed
- 1 tablespoon jalapeño diced seeded finely
- 0.3 optional: lemon
- 2 pounds littleneck clams scrubbed
- 0.3 cup chicken stock see low-sodium store-bought ( or )

- 2 tablespoons olive oil
- 0.5 cup onion diced
- 0.5 cup bell pepper diced red
- 0.3 teaspoon chili flakes red
- 4 slices rustic sourdough bread
- 0.5 teaspoon salt
- 0.8 cup chorizo dried diced spanish
- 0.3 cup tequila white

## Equipment

- bowl
- ladle
- pot
- grill

## Directions

- In a heavy stockpot over medium-high heat, add the canola oil and cook the chorizo for 3 to 5 minutes, or until lightly browned.
- Add the onion, peppers, salt, and garlic and cook for 4 to 5 minutes, until the onion has softened.
- Add the chili flakes and jalapeno and cook for 2 minutes more. Then add the tequila and chicken stock. Bring to a boil and add the clams and chopped cilantro. Cover tightly and cook until all the clams open, 8 to 10 minutes, stirring once. Discard any unopened clams.
- While the clams are steaming, drizzle the bread with olive oil and broil or grill until just crisp, about 45 seconds each side.
- Divide the clams into 2 shallow serving bowls and ladle the cooking liquid on top. Squeeze the lemon over the clams.
- Garnish with the bread and a cilantro sprig.

## Nutrition Facts



■ PROTEIN 17.16% ■ FAT 41.48% ■ CARBS 41.36%

## Properties

Glycemic Index:180.5, Glycemic Load:53.9, Inflammation Score:-9, Nutrition Score:34.163043706313%

## Flavonoids

Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 9.93mg, Quercetin: 9.93mg, Quercetin: 9.93mg, Quercetin: 9.93mg

## Nutrients (% of daily need)

Calories: 827.07kcal (41.35%), Fat: 35.05g (53.93%), Saturated Fat: 7.15g (44.69%), Carbohydrates: 78.63g (26.21%), Net Carbohydrates: 73.53g (26.74%), Sugar: 9.94g (11.04%), Cholesterol: 46.9mg (15.63%), Sodium: 1409.3mg (61.27%), Alcohol: 10.02g (100%), Alcohol %: 2.98% (100%), Protein: 32.62g (65.23%), Vitamin B12: 7.72µg (128.63%), Selenium: 58.46µg (83.51%), Vitamin C: 68.66mg (83.23%), Vitamin B1: 0.98mg (65.25%), Folate: 190.59µg (47.65%), Manganese: 0.93mg (46.43%), Iron: 7.58mg (42.13%), Vitamin B2: 0.64mg (37.94%), Vitamin B3: 7.42mg (37.1%), Vitamin A: 1822.61IU (36.45%), Vitamin E: 5.01mg (33.39%), Phosphorus: 313.2mg (31.32%), Vitamin K: 24.67µg (23.5%), Vitamin B6: 0.41mg (20.49%), Fiber: 5.11g (20.43%), Magnesium: 66.92mg (16.73%), Copper: 0.3mg (15.17%), Zinc: 1.97mg (13.16%), Calcium: 121.37mg (12.14%), Potassium: 415.38mg (11.87%), Vitamin B5: 0.79mg (7.86%)