



Clam, chorizo & white bean stew

 Dairy Free  Very Healthy

READY IN



35 min.

SERVINGS



2

CALORIES



489 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 50 g chorizo diced
- ☐ 1 onion finely chopped
- ☐ 1 garlic clove crushed
- ☐ 1 small bunch flat parsley finely chopped roughly chopped
- ☐ 200 ml savory vegetable hot
- ☐ 400 g canned tomatoes chopped canned
- ☐ 400 g beans white rinsed drained canned
- ☐ 1 tsp sherry vinegar

- ☐ 600 g clams cleaned
- ☐ 2 servings top

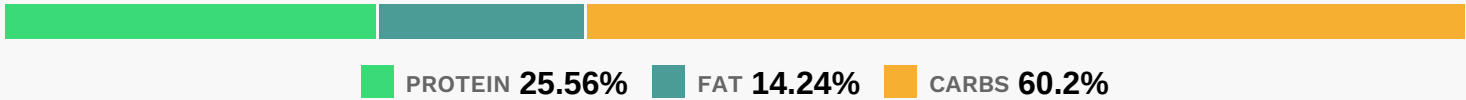
Equipment

- ☐ frying pan

Directions

- ☐ Fry the chorizo in a large frying pan with a lid, over a medium heat until it is starting to crisp up and release its oil.
- ☐ Add the onion and cook for 5 mins until starting to soften. Then add the garlic and finely chopped parsley, and fry for 1 min more.
- ☐ Pour on the stock and tomatoes. Bring to the boil, reduce the heat, then add the beans and sherry vinegar. Simmer for 10 mins until the liquid is slightly reduced.
- ☐ Scatter over the clams, cover with the lid and steam for 2–4 mins, shaking the pan occasionally until the clams are open. Have a little taste before seasoning, as the clams can be quite salty. Then scatter over the chopped parsley. Eat with lots of crusty bread.

Nutrition Facts



Properties

Glycemic Index:169.25, Glycemic Load:19.92, Inflammation Score:-10, Nutrition Score:47.163913021917%

Flavonoids

Apigenin: 61.41mg, Apigenin: 61.41mg, Apigenin: 61.41mg, Apigenin: 61.41mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 4.27mg, Myricetin: 4.27mg, Myricetin: 4.27mg, Myricetin: 4.27mg Quercetin: 11.27mg, Quercetin: 11.27mg, Quercetin: 11.27mg, Quercetin: 11.27mg

Nutrients (% of daily need)

Calories: 489.05kcal (24.45%), Fat: 8.09g (12.44%), Saturated Fat: 2.69g (16.82%), Carbohydrates: 76.9g (25.63%), Net Carbohydrates: 58.5g (21.27%), Sugar: 12.02g (13.35%), Cholesterol: 29.13mg (9.71%), Sodium: 360.24mg (15.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.65g (65.3%), Vitamin K: 484.14µg (461.09%), Vitamin A: 6962.71IU (139.25%), Manganese: 1.77mg (88.5%), Vitamin B12: 5.09µg (84.75%), Vitamin C: 68.86mg

(83.46%), Fiber: 18.41g (73.62%), Iron: 12.48mg (69.34%), Folate: 235.6µg (58.9%), Potassium: 1924.14mg (54.98%), Copper: 1mg (49.78%), Magnesium: 189.56mg (47.39%), Phosphorus: 416.51mg (41.65%), Vitamin B1: 0.5mg (33.5%), Vitamin B6: 0.64mg (31.98%), Vitamin E: 4.61mg (30.76%), Calcium: 306.15mg (30.61%), Selenium: 19.28µg (27.54%), Zinc: 3.78mg (25.22%), Vitamin B3: 4.29mg (21.43%), Vitamin B2: 0.31mg (18.24%), Vitamin B5: 1.31mg (13.12%)