

Easy Recipes

— from —
The New York Times

FEATURING 350 RECIPES

Clam Stew with Potatoes and Parsley Puree



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pounds butter clams (see Note,)
- ☐ 0.8 cup cooking wine dry white
- ☐ 0.3 cup olive oil extra virgin
- ☐ 1 bunch parsley fresh thick
- ☐ 1 garlic clove
- ☐ 4 servings salt
- ☐ 0.8 pound waxy potatoes peeled cut into 1/4-inch dice

Equipment


- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ blender
- ☐ colander

Directions

- ☐ Wash the clams well, in several changes of water, until the water contains no traces of sand. (You can wash the clams hours or even a day in advance; keep them in a large bowl or colander set over a bowl, uncovered, in the refrigerator.)
- ☐ Put them in a wide, deep skillet or saucepan along with the potatoes, wine, and thick parsley stems. Cover and turn the heat to high.
- ☐ While the clams and potatoes are cooking, combine the parsley leaves and thin stems in a blender with the garlic and oil. Puree, adding water as necessary (it will be 1/2 cup or more) to make a smooth puree.
- ☐ Add salt to taste and transfer to a bowl.
- ☐ Cook the clam-potato mixture until the potatoes are tender, about 15 minutes.
- ☐ Remove the bundle of thick stems, then stir about half the puree into the mixture and serve, passing the rest at the table.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ From Mark Bittman's Quick and Easy Recipes From the New York Times by Mark Bittman
Copyright (c) 2007 by Mark Bittman Published by Broadway Books. Mark Bittman is the author of the blockbuster Best Recipes in the World (Broadway, 200
- ☐ and the classic bestseller How to Cook Everything, which has sold more than one million copies. He is also the coauthor, with Jean-Georges Vongerichten, of Simple to Spectacular and Jean-Georges: Cooking at Home with a Four-Star Chef. Mr. Bittman is a prolific writer, makes frequent appearances on radio and television, and is the host of The Best Recipes in the World, a 13-part series on public television. He lives in New York and Connecticut.

Nutrition Facts



 **PROTEIN 19.3%**  **FAT 51.59%**  **CARBS 29.11%**

Properties

Glycemic Index:26, Glycemic Load:1.04, Inflammation Score:-8, Nutrition Score:19.721739064092%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 2.13mg, Myricetin: 2.13mg, Myricetin: 2.13mg, Myricetin: 2.13mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 280.53kcal (14.03%), Fat: 14.39g (22.14%), Saturated Fat: 2.04g (12.75%), Carbohydrates: 18.27g (6.09%), Net Carbohydrates: 16.34g (5.94%), Sugar: 1.66g (1.84%), Cholesterol: 20.41mg (6.8%), Sodium: 257.83mg (11.21%), Alcohol: 4.64g (100%), Alcohol %: 2.59% (100%), Protein: 12.11g (24.22%), Vitamin K: 244.62µg (232.97%), Vitamin B12: 7.69µg (128.14%), Vitamin C: 26.5mg (32.12%), Selenium: 21.41µg (30.59%), Vitamin A: 1410.56IU (28.21%), Phosphorus: 204.11mg (20.41%), Vitamin E: 2.52mg (16.82%), Iron: 2.82mg (15.66%), Potassium: 532.35mg (15.21%), Manganese: 0.27mg (13.31%), Magnesium: 43.46mg (10.86%), Folate: 40.84µg (10.21%), Vitamin B6: 0.2mg (9.8%), Copper: 0.18mg (8.77%), Fiber: 1.93g (7.73%), Vitamin B3: 1.46mg (7.28%), Vitamin B1: 0.1mg (6.34%), Calcium: 60.37mg (6.04%), Zinc: 0.84mg (5.62%), Vitamin B2: 0.08mg (4.42%), Vitamin B5: 0.42mg (4.2%)