



Clams and Chorizo with Tomato and Garlic



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



255 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 garlic clove minced
- ☐ 4 lb littleneck clams scrubbed (2 inches in diameter)
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.3 lb chorizo sweet spanish hot cut into 1/4-inch dice (3/4 cup) (spicy cured pork sausage)
- ☐ 28 oz stewed tomatoes canned

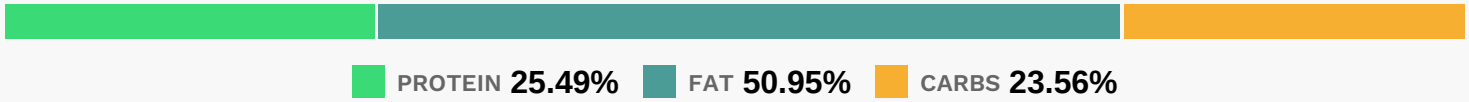
Equipment

- ☐ pot

Directions

- ☐ Cook garlic and chorizo in oil in a 4- to 6-quart heavy pot over moderate heat, stirring occasionally, until garlic is golden, 1 to 2 minutes.
- ☐ Add tomatoes and bring to a simmer, breaking up any large pieces. Simmer, uncovered, stirring occasionally, until sauce is thickened, about 15 minutes.
- ☐ Stir in clams and cook, covered, over moderately high heat, stirring once, until clams open, 9 to 12 minutes. (Discard any that have not opened after 12 minutes.)
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:21.25, Glycemic Load:0.8, Inflammation Score:-6, Nutrition Score:14.521304400071%

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 Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 255.22kcal (12.76%), Fat: 14.62g (22.49%), Saturated Fat: 3.68g (22.99%), Carbohydrates: 15.21g (5.07%), Net Carbohydrates: 13.19g (4.8%), Sugar: 7g (7.78%), Cholesterol: 38.13mg (12.71%), Sodium: 477.35mg (20.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.46g (32.92%), Vitamin B12: 7.69µg (128.14%), Selenium: 22.22µg (31.75%), Iron: 4.35mg (24.19%), Vitamin E: 3.12mg (20.79%), Vitamin C: 16.15mg (19.57%), Phosphorus: 176.7mg (17.67%), Copper: 0.26mg (13.14%), Vitamin A: 646.83IU (12.94%), Potassium: 448.17mg (12.8%), Manganese: 0.2mg (10%), Calcium: 96.79mg (9.68%), Magnesium: 37.12mg (9.28%), Vitamin K: 9.14µg (8.7%), Vitamin B3: 1.67mg (8.33%), Fiber: 2.02g (8.06%), Vitamin B1: 0.1mg (6.97%), Vitamin B2: 0.1mg (5.78%), Zinc: 0.7mg (4.68%), Vitamin B5: 0.34mg (3.36%), Folate: 13.37µg (3.34%), Vitamin B6: 0.06mg (2.96%)