



Clams and Mussels with Black Bean Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup cooking sherry dry
- ☐ 2 tablespoons fermented black beans coarsely chopped
- ☐ 4 garlic cloves minced
- ☐ 2 tablespoons ginger finely minced
- ☐ 0.3 cup green onions thinly sliced
- ☐ 12 servings garnish: green onions sliced
- ☐ 24 littleneck clams
- ☐ 24 mussels

- ☐ 1 tablespoon sesame oil
- ☐ 2 tablespoons soya sauce

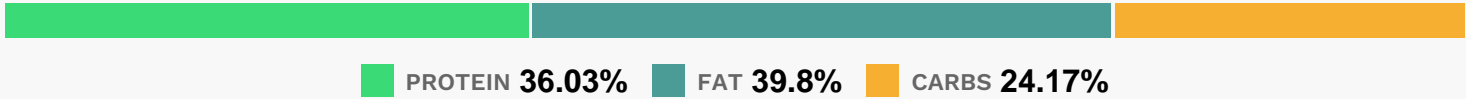
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ plastic wrap
- ☐ slotted spoon

Directions

- ☐ Scrub clams and mussel shells well with a brush. Discard opened or cracked clams and mussels.
- ☐ Combine black beans and sherry.
- ☐ Saute onions, garlic, and ginger in hot oil in a large skillet over medium-high heat 2 minutes.
- ☐ Add clams, mussels, bean mixture, and soy sauce. Bring to a boil; cover and cook 5 minutes or until shells open, stirring once. Immediately remove opened clams and mussels with a slotted spoon. Continue cooking remaining clams and mussels for 2 minutes; others may open. Discard any unopened shells.
- ☐ Bring pan juices to a boil; cook over medium heat until mixture is reduced to 1/2 cup.
- ☐ Transfer to a small bowl; cover and refrigerate.
- ☐ Break apart and discard the empty top shells of clams and mussels. Using a paring knife, release the mollusk from the remaining shell.
- ☐ Place shells on a platter, and cover tightly with plastic wrap. At serving time, spoon a teaspoon of the bean mixture onto each mollusk, and garnish, if desired.
- ☐ Note: The clams and mussels and the sauce can be prepared 1 day in advance.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.63, Inflammation Score:-2, Nutrition Score:6.2960869125698%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 45.9kcal (2.3%), Fat: 1.87g (2.88%), Saturated Fat: 0.28g (1.76%), Carbohydrates: 2.56g (0.85%), Net Carbohydrates: 2.05g (0.74%), Sugar: 0.42g (0.46%), Cholesterol: 5.83mg (1.94%), Sodium: 218.66mg (9.51%), Alcohol: 0.69g (100%), Alcohol %: 1.97% (100%), Protein: 3.81g (7.62%), Vitamin B12: 2.43µg (40.55%), Manganese: 0.61mg (30.68%), Vitamin K: 16.96µg (16.15%), Selenium: 8.83µg (12.61%), Iron: 0.97mg (5.4%), Phosphorus: 50.48mg (5.05%), Vitamin C: 3.2mg (3.87%), Folate: 13µg (3.25%), Vitamin B2: 0.05mg (2.91%), Potassium: 96.41mg (2.75%), Magnesium: 10.58mg (2.65%), Vitamin A: 119.39IU (2.39%), Vitamin B1: 0.04mg (2.37%), Zinc: 0.35mg (2.34%), Vitamin B3: 0.46mg (2.3%), Fiber: 0.51g (2.05%), Vitamin B6: 0.04mg (1.86%), Copper: 0.03mg (1.71%), Calcium: 15.4mg (1.54%), Vitamin E: 0.18mg (1.22%), Vitamin B5: 0.12mg (1.16%)