



Clams Casino

READY IN



65 min.

SERVINGS



6

CALORIES



216 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 slices bacon
- 1 cup bread crumbs dried
- 1 tablespoon butter
- 24 large clams
- 2 teaspoons parsley dried
- 2 cloves garlic minced
- 0.3 cup bell pepper green chopped
- 2 tablespoons olive oil
- 0.5 cup onion minced

- 0.5 teaspoon oregano dried
- 0.3 teaspoon paprika
- 2 tablespoons parmesan cheese grated

Equipment

- bowl
- frying pan
- baking sheet
- oven

Directions

- In a small skillet, cook bacon until crisp over medium heat. Crumble, and set aside.
- Wash clams.
- Place on a baking sheet.
- Heat in a preheated 350 degree F (175 degree C) oven for 1 to 2 minutes, or until clams open. Discard any that do not open.
- Remove meat from shells. Chop, and set aside.
- Add 2 tablespoons oil and butter to a small skillet, and place pan over medium heat.
- Add onion, pepper, and garlic; saute until tender.
- Remove from heat, and cool.
- In a medium bowl, combine bread crumbs, bacon, oregano, cheese, sauteed vegetables, and chopped clams.
- Mix well. Fill clam shells with mixture, and place on baking sheet.
- Sprinkle with parsley and paprika.
- Drizzle with olive oil.
- Bake at 450 degrees F (230 degrees C) for 7 minutes.
- Serve.

Nutrition Facts



■ PROTEIN 12.63% ■ FAT 58.11% ■ CARBS 29.26%

Properties

Glycemic Index:27.33, Glycemic Load:0.51, Inflammation Score:-4, Nutrition Score:7.2134781894477%

Flavonoids

Apigenin: 1.51mg, Apigenin: 1.51mg, Apigenin: 1.51mg, Apigenin: 1.51mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg

Nutrients (% of daily need)

Calories: 216.42kcal (10.82%), Fat: 13.96g (21.48%), Saturated Fat: 4.31g (26.91%), Carbohydrates: 15.82g (5.27%), Net Carbohydrates: 14.55g (5.29%), Sugar: 1.86g (2.07%), Cholesterol: 19.75mg (6.58%), Sodium: 280.98mg (12.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.83g (13.66%), Vitamin B12: 1.52µg (25.31%), Selenium: 11.99µg (17.13%), Vitamin B1: 0.23mg (15.28%), Manganese: 0.23mg (11.65%), Vitamin B3: 1.9mg (9.5%), Phosphorus: 93mg (9.3%), Vitamin C: 6.34mg (7.68%), Iron: 1.31mg (7.28%), Vitamin E: 0.98mg (6.52%), Calcium: 62.42mg (6.24%), Vitamin B2: 0.1mg (6.17%), Vitamin K: 6.3µg (6%), Folate: 23.71µg (5.93%), Vitamin B6: 0.11mg (5.48%), Fiber: 1.27g (5.09%), Zinc: 0.62mg (4.15%), Magnesium: 15.35mg (3.84%), Copper: 0.07mg (3.66%), Vitamin A: 182.01IU (3.64%), Potassium: 112.75mg (3.22%), Vitamin B5: 0.24mg (2.39%)