



Clams Casino with Pancetta

READY IN



45 min.

SERVINGS



12

CALORIES



85 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1.5 ounce bread white
- ☐ 2 tablespoons wine dry white
- ☐ 2 teaspoons parsley fresh finely chopped
- ☐ 1 garlic clove minced
- ☐ 36 littleneck clams cleaned
- ☐ 0.8 cup pancetta diced finely
- ☐ 1.5 tablespoons parmigiano reggiano cheese fresh grated
- ☐ 0.3 cup red bell pepper diced red finely

☐ 3 tablespoons shallots minced

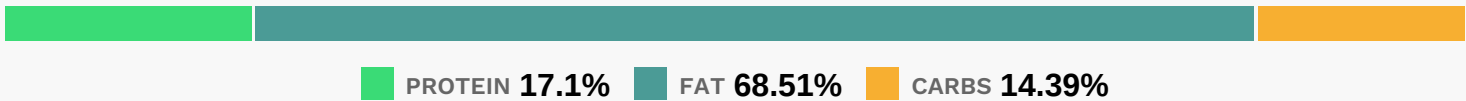
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ broiler

Directions

- ☐ Heat a medium skillet over medium heat. Coat pan with cooking spray.
- ☐ Add pancetta to pan; cook 6 minutes or until pancetta begins to brown, stirring occasionally.
- ☐ Add wine; cook until liquid evaporates (about 30 seconds), scraping pan to loosen browned bits.
- ☐ Add bell pepper, shallots, and garlic to pan; cook 4 minutes or until tender.
- ☐ Place pancetta mixture in a medium bowl.
- ☐ Place bread in a food processor; pulse 10 times or until coarse crumbs measure about 3/4 cup.
- ☐ Add breadcrumbs, cheese, parsley, and black pepper to pancetta mixture; stir until blended.
- ☐ Preheat broiler.
- ☐ Discard any clams with broken or open shells. Shuck clams; discard top halves of shells. Top each clam with about 1 rounded teaspoon pancetta mixture. Broil 4 minutes; turn pan. Broil an additional 3 minutes or until tops are browned and clams are done.
- ☐ Serve with lemon wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:23.64, Glycemic Load:1.16, Inflammation Score:0, Nutrition Score:3.0626087253508%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 84.65kcal (4.23%), Fat: 6.27g (9.64%), Saturated Fat: 2.11g (13.18%), Carbohydrates: 2.96g (0.99%), Net Carbohydrates: 2.64g (0.96%), Sugar: 0.61g (0.67%), Cholesterol: 12.07mg (4.02%), Sodium: 128.84mg (5.6%), Alcohol: 0.26g (100%), Alcohol %: 0.94% (100%), Protein: 3.52g (7.04%), Vitamin B12: 0.79µg (13.22%), Selenium: 6.14µg (8.76%), Vitamin C: 5.61mg (6.79%), Phosphorus: 46.16mg (4.62%), Vitamin B3: 0.87mg (4.34%), Vitamin B1: 0.06mg (4.07%), Manganese: 0.07mg (3.69%), Vitamin B6: 0.07mg (3.48%), Vitamin A: 160.67IU (3.21%), Iron: 0.36mg (2%), Zinc: 0.29mg (1.92%), Vitamin B2: 0.03mg (1.78%), Calcium: 17.13mg (1.71%), Potassium: 58.25mg (1.66%), Folate: 6.19µg (1.55%), Magnesium: 6.11mg (1.53%), Vitamin B5: 0.15mg (1.47%), Fiber: 0.32g (1.3%), Vitamin E: 0.18mg (1.21%)