



Clams in Tomato

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



2 min.

SERVINGS



1

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

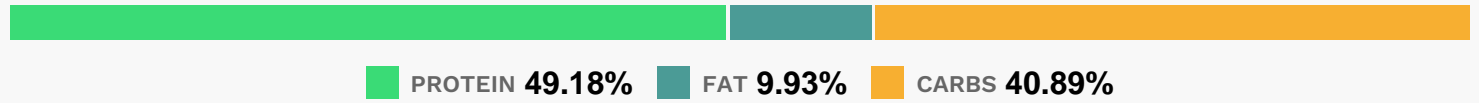
- 1 plum tomatoes
- 2 tablespoons clams canned minced drained
- 1 teaspoon horseradish white prepared
- 1 serving lemon wedges

Equipment

Directions

- Cut tomato in half lengthwise. Scoop out seeds.
- Place 1 tablespoon of minced clams in each tomato half. Top each with 1/2 teaspoon horseradish and a squirt of lemon juice.

Nutrition Facts



Properties

Glycemic Index:125.5, Glycemic Load:1.08, Inflammation Score:-5, Nutrition Score:6.5356521969256%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 39.28kcal (1.96%), Fat: 0.45g (0.69%), Saturated Fat: 0.08g (0.48%), Carbohydrates: 4.13g (1.38%), Net Carbohydrates: 3.19g (1.16%), Sugar: 2.06g (2.28%), Cholesterol: 8.87mg (2.96%), Sodium: 40.68mg (1.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.96g (9.93%), Vitamin B12: 3.34µg (55.7%), Selenium: 9.19µg (13.13%), Vitamin C: 10.27mg (12.45%), Vitamin A: 605.5IU (12.11%), Phosphorus: 75.15mg (7.51%), Manganese: 0.1mg (5.12%), Potassium: 174.22mg (4.98%), Vitamin K: 5.02µg (4.78%), Fiber: 0.94g (3.75%), Iron: 0.67mg (3.74%), Vitamin E: 0.54mg (3.59%), Magnesium: 13.87mg (3.47%), Folate: 13.74µg (3.43%), Vitamin B6: 0.06mg (2.85%), Copper: 0.06mg (2.78%), Vitamin B3: 0.49mg (2.46%), Calcium: 20.79mg (2.08%), Zinc: 0.3mg (1.99%), Vitamin B1: 0.03mg (1.88%), Vitamin B2: 0.03mg (1.47%), Vitamin B5: 0.11mg (1.05%)