



Clams in Tomato-Basil Broth

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



144 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup bottled clam juice
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.3 cup basil fresh chopped
- ☐ 4 garlic cloves minced
- ☐ 2.3 pounds littleneck clams
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion finely chopped 1 small
- ☐ 3 cups tomatoes coarsely chopped 2 large

☐ 0.5 cup white wine

Equipment

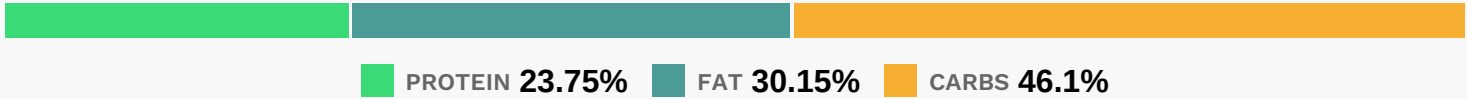
☐ frying pan

☐ dutch oven

Directions

- ☐ Prepare garlic; let stand 10 minutes.
- ☐ Heat olive oil in a large Dutch oven over medium heat.
- ☐ Add onion to pan, and cook 3 minutes or until tender, stirring occasionally.
- ☐ Add garlic to pan, and cook 1 minute, stirring constantly.
- ☐ Add tomato, wine, juice, and pepper to pan; bring to a boil.
- ☐ Add clams; cover and cook 8 minutes or until clams open. Discard any unopened shells. Stir in basil.

Nutrition Facts



Properties

Glycemic Index:51.75, Glycemic Load:2.74, Inflammation Score:-8, Nutrition Score:12.201739238656%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.87mg, Naringenin: 0.87mg, Naringenin: 0.87mg, Naringenin: 0.87mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 8.83mg, Quercetin: 8.83mg, Quercetin: 8.83mg, Quercetin: 8.83mg

Nutrients (% of daily need)

Calories: 143.93kcal (7.2%), Fat: 4.23g (6.51%), Saturated Fat: 0.61g (3.81%), Carbohydrates: 14.56g (4.85%), Net Carbohydrates: 12.29g (4.47%), Sugar: 5.95g (6.61%), Cholesterol: 11.48mg (3.83%), Sodium: 139.87mg (6.08%),

Alcohol: 3.09g (100%), Alcohol %: 1.52% (100%), Protein: 7.5g (15.01%), Vitamin B12: 4.33µg (72.23%), Vitamin C: 20.96mg (25.4%), Vitamin A: 1207.02IU (24.14%), Selenium: 12.52µg (17.88%), Vitamin K: 17.7µg (16.86%), Manganese: 0.33mg (16.28%), Phosphorus: 128.66mg (12.87%), Potassium: 407.4mg (11.64%), Vitamin B6: 0.22mg (10.82%), Vitamin E: 1.47mg (9.8%), Fiber: 2.27g (9.08%), Folate: 30.09µg (7.52%), Magnesium: 29.94mg (7.48%), Iron: 1.27mg (7.06%), Copper: 0.13mg (6.38%), Vitamin B1: 0.08mg (5.33%), Vitamin B3: 0.99mg (4.97%), Calcium: 48.9mg (4.89%), Zinc: 0.57mg (3.77%), Vitamin B2: 0.06mg (3.59%), Vitamin B5: 0.27mg (2.65%)