



## Clams Italiano

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



220 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 cup butter
- 36 clams in shell scrubbed
- 1 tablespoon parsley dried
- 2 cups cooking wine dry white
- 5 cloves garlic minced
- 1 tablespoon oregano dried
- 1 teaspoon pepper flakes red crushed

## Equipment

- bowl
- frying pan
- ladle

## Directions

- Melt butter in a large skillet over medium heat. Cook garlic in butter briefly. Stir in wine, and season with oregano, parsley, and red pepper flakes.
- Place clams in the wine mixture. Cover, and steam until all the clams have opened: discard any that do not open.
- Serve in soup bowls, and ladle broth generously over them.

## Nutrition Facts

**PROTEIN 5.83%** **FAT 83.92%** **CARBS 10.25%**

## Properties

Glycemic Index:21.17, Glycemic Load:0.68, Inflammation Score:-8, Nutrition Score:4.8343478804049%

## Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 219.92kcal (11%), Fat: 15.58g (23.96%), Saturated Fat: 9.77g (61.09%), Carbohydrates: 4.28g (1.43%), Net Carbohydrates: 3.67g (1.33%), Sugar: 0.89g (0.99%), Cholesterol: 44.45mg (14.82%), Sodium: 140.3mg (6.1%), Alcohol: 8.24g (100%), Alcohol %: 9.04% (100%), Protein: 2.44g (4.87%), Vitamin B12: 1.46µg (24.27%), Vitamin A: 630.22IU (12.6%), Manganese: 0.23mg (11.3%), Vitamin K: 11.78µg (11.22%), Selenium: 4.63µg (6.62%), Vitamin E: 0.84mg (5.57%), Phosphorus: 51.4mg (5.14%), Iron: 0.9mg (5.02%), Vitamin B6: 0.09mg (4.58%), Calcium: 39.39mg (3.94%), Magnesium: 15.48mg (3.87%), Potassium: 103.1mg (2.95%), Vitamin B2: 0.04mg (2.45%), Fiber: 0.61g (2.45%), Zinc: 0.26mg (1.74%), Vitamin C: 1.22mg (1.48%), Copper: 0.03mg (1.43%), Vitamin B3: 0.27mg (1.33%), Folate: 4.74µg (1.19%), Vitamin B5: 0.1mg (1.05%)