



Clams Italiano

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



219 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

Equipment

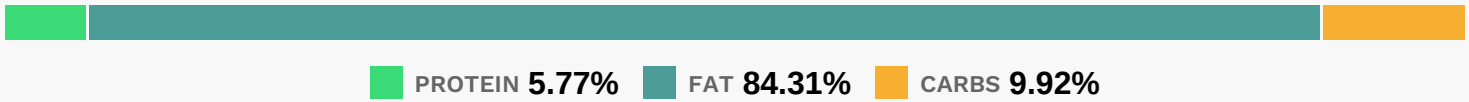
- ☐ bowl

- ☐ 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



Properties

Glycemic Index:21.17, Glycemic Load:0.68, Inflammation Score:-8, Nutrition Score:4.5752174154572%

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: 218.98kcal (10.95%), Fat: 15.53g (23.89%), Saturated Fat: 9.77g (61.04%), Carbohydrates: 4.11g (1.37%), Net Carbohydrates: 3.62g (1.31%), Sugar: 0.86g (0.96%), Cholesterol: 44.45mg (14.82%), Sodium: 134.83mg (5.86%), Alcohol: 8.24g (100%), Alcohol %: 9.07% (100%), Protein: 2.39g (4.78%), Vitamin B12: 1.46µg (24.27%), Manganese: 0.22mg (11.02%), Vitamin K: 11.42µg (10.88%), Vitamin A: 531.39IU (10.63%), Selenium: 4.56µg (6.52%), Phosphorus: 50.4mg (5.04%), Vitamin E: 0.71mg (4.72%), Iron: 0.85mg (4.7%), Vitamin B6: 0.08mg (4.23%), Calcium: 38.29mg (3.83%), Magnesium: 14.98mg (3.75%), Potassium: 96.6mg (2.76%), Vitamin B2: 0.04mg (2.27%), Fiber: 0.5g (1.98%), Zinc: 0.25mg (1.65%), Vitamin C: 1.22mg (1.47%), Copper: 0.03mg (1.26%), Folate: 4.65µg (1.16%), Vitamin B3: 0.23mg (1.14%), Vitamin B5: 0.1mg (1.02%)