



Clams Oreganata

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper black
- 24 cherrystone clams scrubbed
- 0.3 cup breadcrumbs dry
- 2 tablespoons olive oil extravirgin
- 1.5 teaspoons mint leaves fresh chopped
- 1 garlic clove minced
- 1 teaspoon juice of lemon fresh
- 1 tablespoon oregano fresh chopped

- 0.1 teaspoon dash of table salt

Equipment

- bowl
- frying pan
- knife
- broiler
- ziploc bags

Directions

- Shuck clams, and discard top shells. Loosen meat from bottom shell, and arrange clams in shells on a jelly-roll pan.
- Preheat broiler.
- Combine breadcrumbs and next 6 ingredients in a small bowl. Slowly add olive oil, tossing with a fork until well blended (crumb mixture should be moist but not soggy).
- Spoon 1/2 teaspoon crumb mixture onto each clam. Broil 5 to 10 minutes or until crumbs are lightly brown and clams are just cooked through.
- Serve warm.
- Fresh Clams: When purchasing clams, choose shells that are clamped tightly shut. If the shell moves easily, the clam is probably dead and unsafe to eat. Store clams in an open bowl in the refrigerator, and use them as soon as possible. Do not store clams in a sealed plastic bag or on ice because they will die. To shuck (open) clams, place them in the freezer for 15 to 30 minutes. After briefly freezing the clams, let them stand at room temperature a few minutes to relax. Working over a bowl or sink, hold the clam securely in one hand, and insert a clam knife into the opening of the shell between the top and bottom halves. You may want to protect your hand with a towel. If you don't have a clam knife, you may use a thin, short, dull knife. Never use a sharp kitchen knife. Using the blade of the knife, cut through the hinge muscle, and open the shell. Carefully slide the knife between the clam and the shell to detach the meat.

Nutrition Facts

 PROTEIN 11.07%  FAT 64.06%  CARBS 24.87%

Properties

Glycemic Index:11.75, Glycemic Load:0.11, Inflammation Score:-5, Nutrition Score:2.2321739572546%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 52.21kcal (2.61%), Fat: 3.77g (5.8%), Saturated Fat: 0.55g (3.42%), Carbohydrates: 3.3g (1.1%), Net Carbohydrates: 2.85g (1.04%), Sugar: 0.25g (0.28%), Cholesterol: 1.89mg (0.63%), Sodium: 64.88mg (2.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.93%), Vitamin B12: 0.72µg (12.06%), Vitamin K: 6.34µg (6.03%), Vitamin E: 0.67mg (4.44%), Manganese: 0.08mg (4.11%), Selenium: 2.86µg (4.09%), Iron: 0.53mg (2.94%), Vitamin B1: 0.04mg (2.38%), Phosphorus: 19.7mg (1.97%), Calcium: 19.71mg (1.97%), Fiber: 0.44g (1.78%), Vitamin B3: 0.28mg (1.4%), Folate: 5.58µg (1.39%), Vitamin B2: 0.02mg (1.18%), Magnesium: 4.59mg (1.15%)