



Clams Oreganata

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



119 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup bread crumbs fresh toasted
- 1 garlic cloves minced
- 1 teaspoon lemon zest fresh finely grated
- 1.5 pounds very hard-shelled clams such as manila clams scrubbed well (1-inch)
- 0.1 cup olive oil extra-virgin
- 1 tablespoon oregano fresh minced
- 2 plum tomatoes whole canned seeded drained coarsely chopped

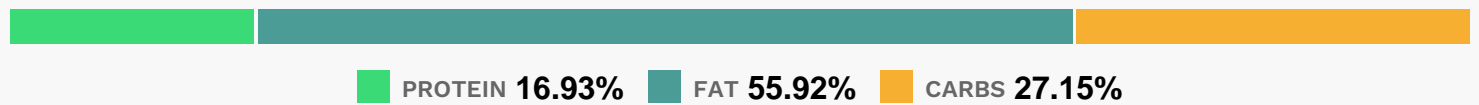
Equipment

- bowl
- frying pan
- pot

Directions

- Cook garlic in oil in a deep 4 to 6-quart heavy pot over moderately low heat, stirring, until garlic is fragrant, about 1 minute. Stir in tomatoes and 1/2 tablespoon oregano and cook, stirring occasionally, until tomatoes break down, 4 to 5 minutes. Season with pepper.
- Add clams, stirring well to coat, then cover pot tightly, and increase heat to moderately high. Cook, stirring once, until clams open, 5 to 7 minutes. (Discard any clams that have not opened after 7 minutes.)
- While clams are cooking, toss together bread crumbs, zest, and remaining 1/2 tablespoon oregano. Divide clams and pan juices among 4 shallow bowls, then sprinkle with bread crumbs.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:0.65, Inflammation Score:-8, Nutrition Score:7.2713043482407%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 118.52kcal (5.93%), Fat: 7.47g (11.5%), Saturated Fat: 1.09g (6.81%), Carbohydrates: 8.17g (2.72%), Net Carbohydrates: 6.89g (2.51%), Sugar: 1.31g (1.46%), Cholesterol: 7.65mg (2.55%), Sodium: 65.85mg (2.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.09g (10.18%), Vitamin B12: 2.91µg (48.45%), Vitamin K: 14.79µg (14.09%), Selenium: 9.67µg (13.82%), Vitamin E: 1.55mg (10.32%), Manganese: 0.19mg (9.7%), Iron: 1.34mg (7.43%), Phosphorus: 72.15mg (7.22%), Vitamin A: 356.35IU (7.13%), Vitamin C: 5.15mg (6.25%), Vitamin B1: 0.08mg (5.64%),

Fiber: 1.28g (5.1%), Calcium: 47.46mg (4.75%), Folate: 16.2µg (4.05%), Vitamin B3: 0.79mg (3.93%), Magnesium: 14.8mg (3.7%), Potassium: 118.06mg (3.37%), Vitamin B2: 0.05mg (3.01%), Copper: 0.06mg (2.98%), Vitamin B6: 0.06mg (2.94%), Zinc: 0.32mg (2.16%), Vitamin B5: 0.12mg (1.2%)