

Clams Oreganata

 Dairy Free

READY IN



1500 min.

SERVINGS



8

CALORIES



118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

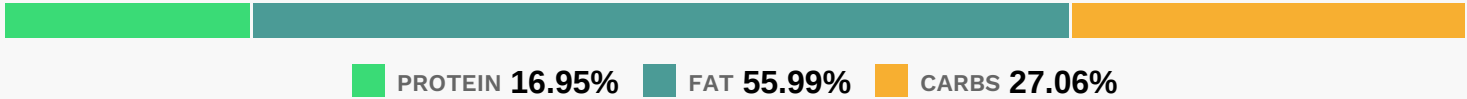
Equipment

- ☐ 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 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 tablespoon oregano. Divide clams and pan juices among 8 shallow bowls, then sprinkle with bread crumbs.
- ☐ Serve immediately.
- ☐ •Larger hard-shelled clams such as littlenecks (2 to 2 1/2 inches in diameter) can be used, but cooking time will increase to 8 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0.65, Inflammation Score:-8, Nutrition Score:7.2426087234331%

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: 118.4kcal (5.92%), Fat: 7.47g (11.5%), Saturated Fat: 1.09g (6.81%), Carbohydrates: 8.13g (2.71%), Net Carbohydrates: 6.88g (2.5%), Sugar: 1.3g (1.45%), Cholesterol: 7.65mg (2.55%), Sodium: 65.84mg (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 (7.42%), Phosphorus: 72.12mg (7.21%), Vitamin A: 356.23IU (7.12%), Vitamin C: 4.83mg (5.86%), Vitamin B1: 0.08mg (5.63%), Fiber: 1.25g (5%), Calcium: 47.13mg (4.71%), Folate: 16.17µg (4.04%), Vitamin B3: 0.79mg (3.93%), Magnesium: 14.76mg (3.69%), Potassium: 117.66mg (3.36%), Vitamin B2: 0.05mg (3%), Copper: 0.06mg (2.97%), Vitamin B6: 0.06mg (2.91%), Zinc: 0.32mg (2.16%), Vitamin B5: 0.12mg (1.19%)