



## Clams Oreganato: Vongole Origanate

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



265 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 cup bread crumbs fresh for another use
- ☐ 4 cloves garlic thinly sliced
- ☐ 3 cups kosher salt plus more for seasoning
- ☐ 24 littleneck clams scrubbed
- ☐ 4 tablespoons olive oil extra-virgin
- ☐ 1 bunch oregano fresh chopped
- ☐ 1 bell pepper red cut into 1/8-inch dice
- ☐ 1 medium onion red cut into 1/8-inch dice

☐ 4 servings salt and pepper

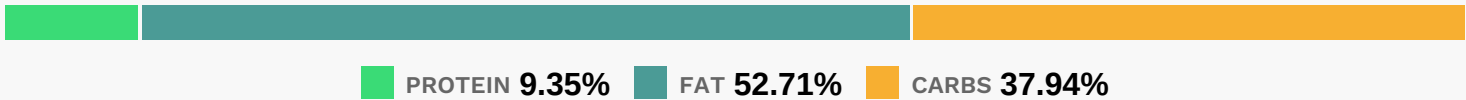
## Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ mixing bowl
- ☐ broiler

## Directions

- ☐ Carefully open the clams and loosen from bottom shell, carefully draining each of the clams' liquid into a small mixing bowl.
- ☐ Pour kosher salt onto a cookie sheet so that it is at least a half-inch deep, and arrange the clams in their half-shells around the cookie sheet.
- ☐ In a 10 to 12-inch saute pan, heat the oil over medium heat until smoking and add the onion, garlic, and peppers. Cook 6 to 7 minutes, until softened and light golden brown, then add the bread crumbs and continue cooking another 3 minutes, until they are light golden brown.
- ☐ Remove the mixture from heat, season with salt and pepper, and cool. Stir in the chopped oregano and the reserved clam liquid and pack about 2 teaspoons of the crumb mixture loosely into each clamshell.
- ☐ Preheat the broiler.
- ☐ Place clams under heat and heat through, without really cooking the clam, about 1 1/2 to 2 minutes, until the crumb mixture has turned deep golden brown.
- ☐ Remove from heat, drizzle with a drop of olive oil, and serve.

## Nutrition Facts



## Properties

Glycemic Index:30.25, Glycemic Load:1.35, Inflammation Score:-8, Nutrition Score:13.406086911326%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg

Nutrients (% of daily need)

Calories: 265.11kcal (13.26%), Fat: 15.69g (24.15%), Saturated Fat: 2.32g (14.48%), Carbohydrates: 25.41g (8.47%), Net Carbohydrates: 22.94g (8.34%), Sugar: 4.13g (4.59%), Cholesterol: 3.78mg (1.26%), Sodium: 85281.65mg (3707.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.27g (12.53%), Vitamin C: 41.06mg (49.77%), Manganese: 0.61mg (30.49%), Vitamin B12: 1.52µg (25.3%), Vitamin B1: 0.3mg (19.88%), Vitamin A: 974.34IU (19.49%), Vitamin E: 2.65mg (17.65%), Selenium: 11.48µg (16.41%), Iron: 2.64mg (14.66%), Vitamin K: 13.41µg (12.77%), Calcium: 124.97mg (12.5%), Folate: 49.11µg (12.28%), Vitamin B3: 2.19mg (10.96%), Fiber: 2.48g (9.91%), Vitamin B6: 0.19mg (9.67%), Phosphorus: 90.17mg (9.02%), Vitamin B2: 0.15mg (8.89%), Copper: 0.17mg (8.39%), Magnesium: 23.94mg (5.99%), Zinc: 0.84mg (5.59%), Potassium: 194.52mg (5.56%), Vitamin B5: 0.32mg (3.16%)