



Clams with Broccoli Rape (

 Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



197 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 bread crumbs dried
- ☐ 1 bunch broccoli rape cut into 5 inch pieces, 2 cups
- ☐ 0.5 teaspoon chile flakes
- ☐ 1 pound new zealand cockles rinsed scrubbed
- ☐ 0.5 cup cooking wine dry white
- ☐ 3 garlic cloves thinly sliced
- ☐ 6 tablespoons olive oil extra-virgin
- ☐ 1 cup passata rough tomato sauce

☐

6 servings salt and pepper black freshly ground

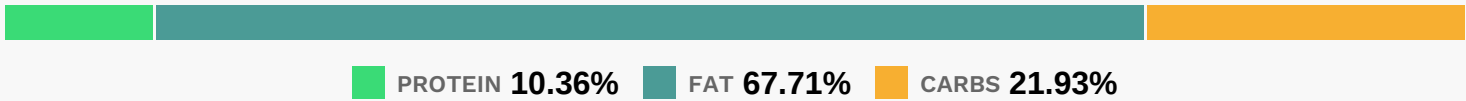
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a 12 to 14–inch saute pan, heat the oil and garlic over medium heat until the garlic is golden brown.
- ☐ Add the broccoli rape and cook for 3 minutes.
- ☐ Add the cockles, passata, white wine, and chile flakes, cover, and cook 7 to 8 minutes, until all the clams have just opened.
- ☐ Season with salt and pepper and pour into a serving bowl and sprinkle with bread crumbs.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:25.67, Glycemic Load:2.24, Inflammation Score:-8, Nutrition Score:17.243478256723%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Kaempferol: 7.95mg, Kaempferol: 7.95mg, Kaempferol: 7.95mg, Kaempferol: 7.95mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg

Nutrients (% of daily need)

Calories: 196.66kcal (9.83%), Fat: 14.62g (22.49%), Saturated Fat: 2.07g (12.95%), Carbohydrates: 10.65g (3.55%), Net Carbohydrates: 7.29g (2.65%), Sugar: 3.4g (3.78%), Cholesterol: 0mg (0%), Sodium: 231.89mg (10.08%), Alcohol: 2.06g (100%), Alcohol %: 1.38% (100%), Protein: 5.03g (10.06%), Vitamin C: 93.72mg (113.6%), Vitamin K:

113.38µg (107.98%), Vitamin E: 3.46mg (23.07%), Iron: 3.17mg (17.61%), Vitamin A: 858.21IU (17.16%), Folate: 67.91µg (16.98%), Manganese: 0.32mg (16.07%), Fiber: 3.37g (13.46%), Potassium: 466.59mg (13.33%), Vitamin B6: 0.25mg (12.49%), Vitamin B2: 0.17mg (10.27%), Phosphorus: 84.6mg (8.46%), Magnesium: 30.24mg (7.56%), Vitamin B3: 1.47mg (7.37%), Vitamin B5: 0.73mg (7.28%), Calcium: 62.55mg (6.25%), Vitamin B1: 0.09mg (5.88%), Copper: 0.11mg (5.26%), Selenium: 3.07µg (4.39%), Zinc: 0.56mg (3.71%)