



Clams with Jalapeño, Lemon, and Basil

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup butter ()
- ☐ 1 cup tomato sauce canned
- ☐ 0.5 cup wine dry white
- ☐ 0.5 cup basil fresh chopped
- ☐ 3 garlic clove minced
- ☐ 1 tablespoon jalapeno minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1.5 tablespoons lemon zest grated

☐

6 pounds littleneck clams scrubbed

Equipment

☐

bowl

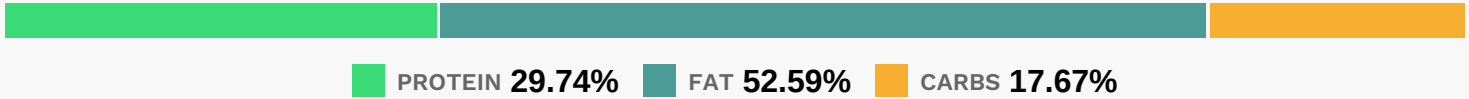
☐

pot

Directions

- ☐
- Melt butter in very large pot over medium-high heat.
- ☐
- Add minced garlic and jalapeño; stir until garlic is golden, about 2 minutes.
- ☐
- Add tomato sauce, wine, and lemon juice and bring to boil.
- ☐
- Add clams; cover and boil until clams open, about 9 minutes (discard any clams that do not open).
- ☐
- Add basil and lemon peel. Season with pepper.
- ☐
- Transfer clams and sauce to large bowl and serve.

Nutrition Facts



Properties

Glycemic Index:33.63, Glycemic Load:1.22, Inflammation Score:-5, Nutrition Score:9.38391300388%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 118.32kcal (5.92%), Fat: 6.37g (9.8%), Saturated Fat: 3.76g (23.5%), Carbohydrates: 4.81g (1.6%), Net Carbohydrates: 4.12g (1.5%), Sugar: 1.47g (1.64%), Cholesterol: 30.56mg (10.19%), Sodium: 220.51mg (9.59%), Alcohol: 1.54g (100%), Alcohol %: 1.73% (100%), Protein: 8.11g (16.21%), Vitamin B12: 5.78µg (96.31%), Selenium:

16.07µg (22.95%), Phosphorus: 117.19mg (11.72%), Vitamin A: 563.19IU (11.26%), Vitamin C: 7.89mg (9.56%), Vitamin K: 8.11µg (7.72%), Vitamin E: 1.04mg (6.94%), Iron: 1.25mg (6.92%), Manganese: 0.13mg (6.6%), Magnesium: 17.85mg (4.46%), Potassium: 146.03mg (4.17%), Copper: 0.07mg (3.73%), Vitamin B6: 0.07mg (3.53%), Calcium: 33.89mg (3.39%), Vitamin B2: 0.05mg (2.95%), Vitamin B3: 0.55mg (2.77%), Fiber: 0.69g (2.76%), Zinc: 0.38mg (2.56%), Vitamin B5: 0.21mg (2.09%), Folate: 8.13µg (2.03%), Vitamin B1: 0.02mg (1.41%)