

# **Clams with Oregano and Bread Crumbs** (Vongole Origanate)



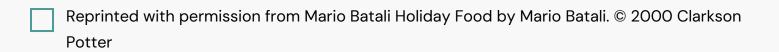
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ANTIPASTI STARTER **APPETIZER** 

## **Ingredients**

1 cup breadcrumbs fresh
4 garlic clove thinly sliced
3 cups kosher salt
8 servings pepper black freshly ground
24 medium littleneck clams scrubbed
4 tablespoons olive oil extra virgin extra-virgin for drizzling
2 tablespoons oregano fresh chopped

	1 bell pepper red cut into 1/8-inch dice
	1 medium onion red cut into 1/8-inch dice
Εq	uipment
	frying pan
	baking sheet
	mixing bowl
	broiler
Di	rections
	Carefully open the clams, discarding the top shells, and drain the clam liquid into a small mixing bowl. Set aside. Loosen the clams from the bottom shells but do not remove them.
	Pour the salt onto a baking sheet so that it is at least 1/2-inch deep and arrange the clams in their half-shells in the salt.
	In a 10- to 12-inch sauté pan, heat the oil over medium heat until smoking.
	Add the onion, garlic, and bell pepper and cook 6 to 7 minutes, until softened and light golden brown.
	Add the bread crumbs and continue cooking another 3 minutes, until they are light golden brown as well.
	Remove the mixture from the heat, season with salt and pepper, and cool. Stir in the oregano and the reserved clam liquid.
	Preheat the broiler. Pack about 2 teaspoons of the crumb mixture loosely into each clam shell (Remember that the clam, not the stuffing, is the most important part of this dish; stuffing should surround and enhance the clam, not overpower it.)
	Place the clams under the broiler and heat through, about 11/2 to 2 minutes, just until the crumb mixture is deep golden brown; you're not really cooking the clam.
	Drizzle with a drop of olive oil, and serve.
	Source Information
	From Mario Batali Holiday Food by Mario Batali Published in arrangement with Clarkson Potter/Publishers



### **Nutrition Facts**

PROTEIN 9.47% FAT 51.37% CARBS 39.16%

#### **Properties**

Glycemic Index:19.13, Glycemic Load:0.7, Inflammation Score:-9, Nutrition Score:7.711739094361%

#### **Flavonoids**

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg

#### Nutrients (% of daily need)

Calories: 135.98kcal (6.8%), Fat: 7.9g (12.16%), Saturated Fat: 1.18g (7.36%), Carbohydrates: 13.55g (4.52%), Net Carbohydrates: 11.81g (4.3%), Sugar: 2.11g (2.35%), Cholesterol: 1.96mg (0.65%), Sodium: 42544.36mg (1849.75%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 3.28g (6.56%), Vitamin C: 20.55mg (24.91%), Manganese: 0.37mg (18.69%), Vitamin K: 13.86µg (13.2%), Vitamin B12: 0.78µg (13.08%), Vitamin E: 1.53mg (10.21%), Vitamin A: 507.53IU (10.15%), Vitamin B1: 0.15mg (10.08%), Iron: 1.75mg (9.7%), Selenium: 5.87µg (8.38%), Calcium: 80.92mg (8.09%), Fiber: 1.74g (6.97%), Folate: 27.25µg (6.81%), Vitamin B3: 1.15mg (5.75%), Vitamin B6: 0.11mg (5.44%), Vitamin B2: 0.08mg (4.81%), Phosphorus: 47.35mg (4.74%), Copper: 0.09mg (4.62%), Magnesium: 15.22mg (3.81%), Potassium: 112.85mg (3.22%), Zinc: 0.45mg (3.01%), Vitamin B5: 0.17mg (1.7%)