



Clams with Oregano and Bread Crumbs (Vongole Origanate)

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



136 kcal

ANTIPASTI

STARTER

SNACK

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

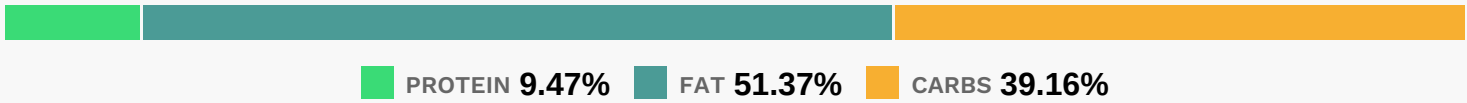
Equipment

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

Directions

- ☐ 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 1 1/2 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



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 Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

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: 0g (100%), Alcohol %: 0% (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%)