



Clams with Prosciutto and Thyme

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



162 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 2 strips lemon rind
- ☐ 6 servings garnishes: lemon wedges fresh

- ☐ 3 pounds littleneck clams
- ☐ 1 tablespoon olive oil
- ☐ 3 ounces pancetta diced

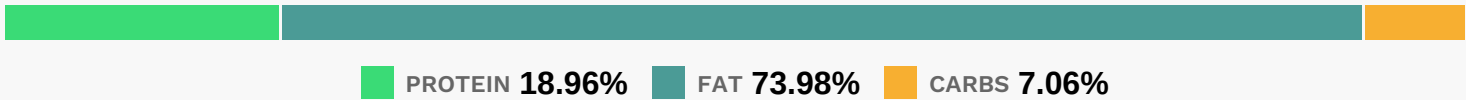
Equipment

- ☐ bowl
- ☐ dutch oven

Directions

- ☐ Scrub clams well with a brush; discard opened or cracked clams or any heavy ones (indicating they're filled with sand).
- ☐ Heat oil and butter in a Dutch oven over medium heat.
- ☐ Add prosciutto; cook, stirring often, 5 minutes or until browned.
- ☐ Add garlic and red pepper; cook 2 minutes.
- ☐ Add wine, lemon rind, and thyme; bring to a boil.
- ☐ Add clams; cover and cook, stirring occasionally, 3 to 6 minutes or until clams open. Spoon into individual bowls.
- ☐ Sprinkle with parsley.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:37.42, Glycemic Load:0.53, Inflammation Score:-8, Nutrition Score:7.0352172877478%

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 Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg

Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 161.7kcal (8.08%), Fat: 12.11g (18.64%), Saturated Fat: 4.68g (29.24%), Carbohydrates: 2.6g (0.87%), Net Carbohydrates: 2.31g (0.84%), Sugar: 0.25g (0.28%), Cholesterol: 29.59mg (9.86%), Sodium: 145.91mg (6.34%), Alcohol: 2.06g (100%), Alcohol %: 3.31% (100%), Protein: 6.99g (13.97%), Vitamin B12: 3.92µg (65.38%), Selenium: 13.42µg (19.17%), Vitamin K: 12.91µg (12.29%), Phosphorus: 95.33mg (9.53%), Vitamin A: 360.65IU (7.21%), Iron: 0.95mg (5.3%), Vitamin E: 0.78mg (5.17%), Vitamin C: 3.87mg (4.69%), Manganese: 0.09mg (4.25%), Vitamin B3: 0.76mg (3.79%), Vitamin B6: 0.07mg (3.26%), Vitamin B1: 0.05mg (3.23%), Magnesium: 12.84mg (3.21%), Zinc: 0.41mg (2.72%), Calcium: 24.45mg (2.45%), Vitamin B2: 0.04mg (2.21%), Potassium: 75.4mg (2.15%), Copper: 0.04mg (1.76%), Vitamin B5: 0.16mg (1.57%), Fiber: 0.29g (1.15%)