



Clams with Smoky Bacon and Tomatoes



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



244 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 slices applewood-smoked bacon
- ☐ 28 ounce canned tomatoes diced canned
- ☐ 3 garlic cloves pressed
- ☐ 6 pounds littleneck clams scrubbed
- ☐ 1 medium onion chopped
- ☐ 0.3 cup parsley fresh italian chopped
- ☐ 0.5 cup roasted bell peppers from jar red drained chopped

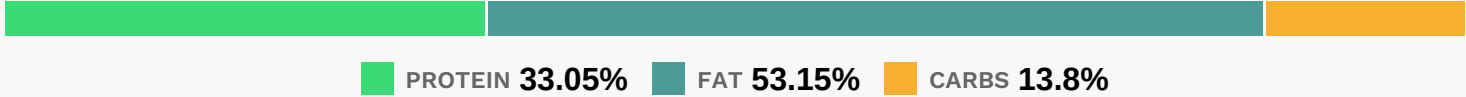
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Heat large pot over medium-high heat.
- ☐ Add bacon and onion; sauté until bacon is crisp around edges and onion starts to brown, stirring, about 8 minutes.
- ☐ Add garlic; stir 1 minute.
- ☐ Add tomatoes with juice and peppers; bring to boil, scraping up browned bits.
- ☐ Add clams, cover, and boil until clams open, stirring occasionally, 8 to 10 minutes (discard any clams that do not open). Stir in 1/4 cup parsley. Divide among shallow bowls.
- ☐ Sprinkle with 2 tablespoons parsley.
- ☐ Per serving: 275 calories, 5 g fat, 1 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:1.8, Inflammation Score:-8, Nutrition Score:16.563913039539%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg

Nutrients (% of daily need)

Calories: 244.23kcal (12.21%), Fat: 14.2g (21.84%), Saturated Fat: 4.6g (28.78%), Carbohydrates: 8.3g (2.77%), Net Carbohydrates: 7.45g (2.71%), Sugar: 1.22g (1.36%), Cholesterol: 52.4mg (17.47%), Sodium: 518.77mg (22.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.86g (39.73%), Vitamin B12: 11.7µg (194.96%), Vitamin K: 61.85µg (58.91%), Selenium: 38.38µg (54.82%), Phosphorus: 266.69mg (26.67%), Vitamin C: 15.86mg (19.23%), Vitamin A: 726.04IU (14.52%), Iron: 2.26mg (12.54%), Manganese: 0.2mg (9.87%), Vitamin B6: 0.19mg (9.67%),

Vitamin B3: 1.88mg (9.39%), Vitamin B1: 0.13mg (8.74%), Magnesium: 30.46mg (7.62%), Zinc: 1.05mg (7.03%), Calcium: 64.2mg (6.42%), Potassium: 207.78mg (5.94%), Vitamin E: 0.87mg (5.81%), Copper: 0.11mg (5.69%), Vitamin B2: 0.09mg (5.08%), Folate: 18.9µg (4.72%), Vitamin B5: 0.4mg (4.03%), Fiber: 0.85g (3.39%)