



Clams with White Beans and Tomatoes



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



211 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce navy beans rinsed drained canned
- ☐ 14.5 ounce canned tomatoes diced with garlic and onion canned
- ☐ 1 teaspoon basil dried
- ☐ 3 garlic cloves minced
- ☐ 0.3 teaspoon hot sauce
- ☐ 1 pound littleneck clams
- ☐ 2 teaspoons olive oil
- ☐ 1 teaspoon oregano dried

☐ 0.3 cup mirin sweet

Equipment

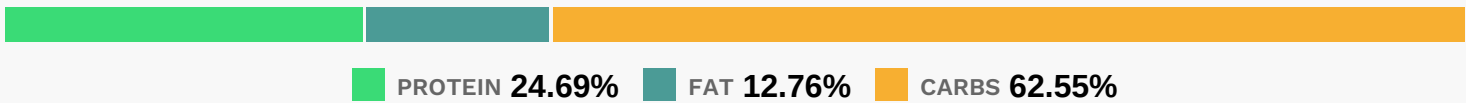
☐ bowl

☐ frying pan

Directions

- ☐ Heat oil in a large skillet over mediumhigh heat.
- ☐ Add garlic; saut 1 minute.
- ☐ Add tomatoes and next 4 ingredients; bring to a boil.
- ☐ Stir in clams and beans; cover, reduce heat, and simmer 10 minutes or until clams open. Discard any unopened shells. Divide clams evenly between 4 bowls; top each evenly with tomatoes, beans, and liquid.

Nutrition Facts



Properties

Glycemic Index:28.75, Glycemic Load:2.54, Inflammation Score:-8, Nutrition Score:16.43608702784%

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 Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 210.92kcal (10.55%), Fat: 2.98g (4.59%), Saturated Fat: 0.49g (3.07%), Carbohydrates: 32.89g (10.96%), Net Carbohydrates: 24.8g (9.02%), Sugar: 5.03g (5.59%), Cholesterol: 5.1mg (1.7%), Sodium: 661.3mg (28.75%), Alcohol: 1.54g (100%), Alcohol %: 0.77% (100%), Protein: 12.98g (25.96%), Manganese: 0.73mg (36.63%), Fiber: 8.09g (32.36%), Vitamin B12: 1.92µg (32.03%), Iron: 4.21mg (23.38%), Phosphorus: 226.11mg (22.61%), Copper: 0.45mg (22.44%), Folate: 86.71µg (21.68%), Magnesium: 82.28mg (20.57%), Potassium: 668.45mg (19.1%), Selenium: 12.76µg (18.23%), Vitamin E: 2.69mg (17.95%), Vitamin K: 17.47µg (16.64%), Vitamin B1: 0.25mg (16.4%),

Vitamin B6: 0.32mg (15.85%), Vitamin C: 11.15mg (13.52%), Calcium: 113.92mg (11.39%), Vitamin B3: 1.94mg (9.68%),
Zinc: 1.31mg (8.75%), Vitamin B2: 0.13mg (7.83%), Vitamin A: 282.95IU (5.66%), Vitamin B5: 0.53mg (5.33%)