

Cook the Book: Almejas con Chorizo



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



183 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 inch chorizo sausage cut smoked spanish
- ☐ 24 clams
- ☐ 2 cups wine dry white
- ☐ 3 cloves garlic with a madoline) very thinly sliced
- ☐ 2 tablespoons olive oil
- ☐ 1 Leaves thyme sprigs fresh coarsely chopped

Equipment

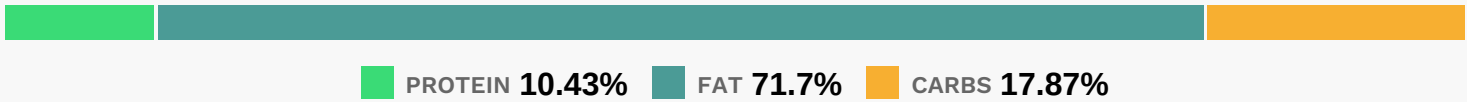
- ☐ bowl

- ☐ frying pan
- ☐ aluminum foil
- ☐ slotted spoon
- ☐ tongs

Directions

- ☐ Scrub the clams under cold running water.
- ☐ Drain and dry the clams.
- ☐ Slice the sausage links lengthwise into 3 pieces and then slice across the sausage pieces into strips about 1/2 inch wide.
- ☐ Heat a large saute pan over medium-high heat and, when hot, add the olive oil.
- ☐ Add the chorizo slices and sear for about 3 minutes, or until nicely browned.
- ☐ Add the garlic and cook for about 2 minutes, or until browned.
- ☐ Add the clams, wine, and thyme, shake the pan carefully, and cover with a lid, aluminum foil, or a plate and cook for 7 to 8 minutes, or until the clams have opened. (Discard any do not open.) Using tongs or a slotted spoon, remove the clams from the pan and divide evenly among 4 shallow serving bowls or put in one large bowl.
- ☐ Turn the heat to high and cook the sauce for 4 to 5 minutes, or until slightly reduced and thickened.
- ☐ Pour the sauce and the sausage slices over the clams and serve.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:0.81, Inflammation Score:-6, Nutrition Score:3.7095652157846%

Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg

0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg
Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg,
Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin:
0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 182.91kcal (9.15%), Fat: 7.8g (12%), Saturated Fat: 1.4g (8.76%), Carbohydrates: 4.38g (1.46%), Net
Carbohydrates: 4.29g (1.56%), Sugar: 1.17g (1.3%), Cholesterol: 7.36mg (2.45%), Sodium: 13.65mg (0.59%), Alcohol:
12.36g (100%), Alcohol %: 10.64% (100%), Protein: 2.55g (5.11%), Vitamin B12: 1.42µg (23.73%), Manganese: 0.19mg
(9.65%), Vitamin E: 1.1mg (7.3%), Selenium: 4.3µg (6.14%), Phosphorus: 50.26mg (5.03%), Vitamin K: 4.76µg (4.53%),
Vitamin B6: 0.09mg (4.5%), Iron: 0.7mg (3.91%), Magnesium: 15.36mg (3.84%), Potassium: 101.61mg (2.9%), Vitamin
C: 2.02mg (2.45%), Calcium: 21.89mg (2.19%), Zinc: 0.24mg (1.59%), Vitamin B2: 0.03mg (1.57%), Vitamin A: 75.48IU
(1.51%)