



Cook the Book: Clam and Chile Pizza

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



336 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 bay leaves
- ☐ 1 cup cup heavy whipping cream
- ☐ 5 cloves garlic smashed
- ☐ 6 servings sauce
- ☐ 54 littleneck clams
- ☐ 6 servings olive oil extra virgin extra-virgin for pan frying
- ☐ 1 onion roughly chopped
- ☐ 1.5 cups wine

Equipment

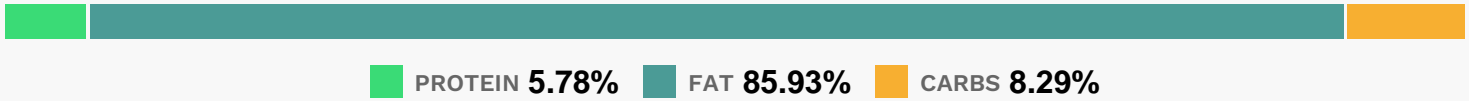
- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat the olive oil in a large deep pan and sweat the onion and garlic with the bay leaf.
- ☐ When the vegetables are soft, add the white wine and cover.
- ☐ Bring the liquid to a boil and place the clams in it. Cover and steam the clams in it. Cover and steam the clams over high heat. After 5 minutes check to see if the clams have opened, and if so remove them from the pan and cool.
- ☐ Strain the clam liquor and reduce it until the sauce starts to thicken.
- ☐ Add the cream and reduce further, then let the sauce cool.
- ☐ Separate the clams from their shells. Reserve the meat and discard the shells.
- ☐ Dough
- ☐ tablespoon fresh yeast
- ☐ tablespoon salt
- ☐ cups ice-water
- ☐ cups flour
- ☐ In a large bowl, dissolve the yeast in the water.
- ☐ Add the salt and flour and mix until the dough starts to come together.
- ☐ Turn the dough out onto a table and knead for about 10 minutes until smooth.
- ☐ Place the dough in a bowl, cover and refrigerate overnight.
- ☐ Turn the dough out onto a table and cut into 6 (185-g) pieces.
- ☐ Roll each into a ball shape using the palm of your hand and rotate it in a clockwise motion. Cover the dough balls and let rest for 6–8 hours in the refrigerator.
- ☐ For serving
- ☐ Chile flakes

- ☐ Chopped flat-leaf parsley
- ☐ Take the dough out of the refrigerator 1 hour before using it, and at the same time preheat the oven to 500°F. alternatively, light a fire in a brick oven if you have access to one.
- ☐ Stretch each dough ball into a pizza shape and spoon on just enough clam sauce to cover the dough –not too much, as it is very strong.
- ☐ Place 9 clams on top of the sauce and sprinkle with some chili flakes. Repeat for the rest of the dough balls.
- ☐ Bake until nice and browned. Finish each pizza with a little chopped parsley.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:1.03, Inflammation Score:-6, Nutrition Score:6.4182609371517%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

Nutrients (% of daily need)

Calories: 336.41kcal (16.82%), Fat: 28.53g (43.9%), Saturated Fat: 11.1g (69.38%), Carbohydrates: 6.2g (2.07%), Net Carbohydrates: 5.83g (2.12%), Sugar: 2.77g (3.08%), Cholesterol: 50.49mg (16.83%), Sodium: 37.74mg (1.64%), Alcohol: 6.18g (100%), Alcohol %: 5.07% (100%), Protein: 4.32g (8.64%), Vitamin B12: 2.2µg (36.65%), Vitamin E: 2.52mg (16.77%), Vitamin A: 641.42IU (12.83%), Selenium: 7.48µg (10.69%), Vitamin K: 10.09µg (9.61%), Phosphorus: 80.39mg (8.04%), Manganese: 0.15mg (7.67%), Vitamin B2: 0.1mg (5.82%), Vitamin B6: 0.1mg (4.95%), Calcium: 47.97mg (4.8%), Vitamin D: 0.63µg (4.23%), Iron: 0.67mg (3.75%), Magnesium: 14.85mg (3.71%), Potassium: 126mg (3.6%), Vitamin C: 2.38mg (2.89%), Zinc: 0.32mg (2.16%), Vitamin B5: 0.19mg (1.94%), Vitamin B1: 0.03mg (1.81%), Folate: 6.72µg (1.68%), Copper: 0.03mg (1.57%), Fiber: 0.37g (1.47%)