



Couscous with Clams

READY IN



45 min.

SERVINGS



4

CALORIES



595 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup beans white canned drained
- ☐ 10 ounce couscous
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 0.8 cup cooking wine dry white
- ☐ 2 garlic cloves thinly sliced
- ☐ 3 pounds manila clams rinsed
- ☐ 5 tablespoons olive oil extra-virgin
- ☐ 1 cup roasted peppers from a jar red drained cut into thin strips
- ☐ 4 servings try build-a-meal

- ☐ 4 servings salt
- ☐ 2 large scallions thinly sliced
- ☐ 1 tablespoon butter unsalted
- ☐ 2 cups water

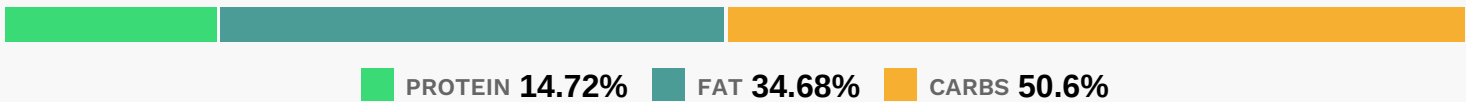
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In a medium saucepan, bring the water to a boil with the butter and a generous pinch of salt. Stir in the couscous, cover and remove from the heat.
- ☐ In a large deep skillet, heat 1/4 cup of the olive oil until shimmering.
- ☐ Add the garlic and cook over high heat, stirring, until lightly browned, about 1 minute. Stir in the crushed red pepper and the wine and boil until the wine is reduced by half, about 5 minutes.
- ☐ Add the clams and bring to a boil. Cover the skillet, lower the heat to moderate and cook, stirring occasionally, until the clams open, about 3 minutes.
- ☐ Add the red peppers, beans and scallions and cook just until heated through, about 1 minute.
- ☐ Fluff the couscous with a fork and spoon it into 4 deep bowls. Spoon the clams, peppers and beans over the couscous. Stir the remaining 1 tablespoon of olive oil into the broth, spoon it over the clams and serve.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:36.64, Inflammation Score:-7, Nutrition Score:21.5299999923447%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 594.56kcal (29.73%), Fat: 21.61g (33.25%), Saturated Fat: 4.46g (27.85%), Carbohydrates: 70.95g (23.65%), Net Carbohydrates: 64.17g (23.33%), Sugar: 0.9g (1%), Cholesterol: 22.83mg (7.61%), Sodium: 726.11mg (31.57%), Alcohol: 4.64g (100%), Alcohol %: 1.46% (100%), Protein: 20.63g (41.27%), Vitamin B12: 5.77µg (96.2%), Manganese: 1.05mg (52.61%), Vitamin K: 38.58µg (36.75%), Phosphorus: 292.18mg (29.22%), Fiber: 6.78g (27.12%), Selenium: 17.37µg (24.81%), Vitamin E: 3.48mg (23.21%), Vitamin C: 19.09mg (23.15%), Iron: 3.75mg (20.83%), Copper: 0.4mg (19.86%), Magnesium: 79.04mg (19.76%), Vitamin B3: 3.11mg (15.53%), Folate: 60.23µg (15.06%), Potassium: 481.08mg (13.75%), Vitamin B1: 0.19mg (12.72%), Vitamin A: 621.55IU (12.43%), Vitamin B6: 0.24mg (11.85%), Vitamin B5: 1.11mg (11.12%), Zinc: 1.62mg (10.77%), Calcium: 105.76mg (10.58%), Vitamin B2: 0.13mg (7.51%)