



Fregola with Clams

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



351 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup cooking wine dry white
- ☐ 10 ounces fregola
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 2 garlic cloves finely chopped
- ☐ 4 servings kosher salt
- ☐ 0.5 teaspoon lemon zest finely grated
- ☐ 24 littleneck clams scrubbed
- ☐ 0.5 cup olive oil plus more for drizzling

☐ 1 teaspoon pepper flakes red crushed

Equipment

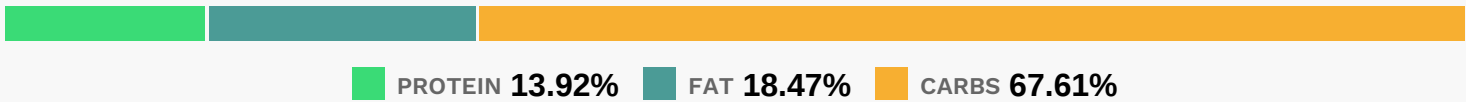
☐ bowl

☐ pot

Directions

- ☐ Cook fregola in a large pot of boiling saltedwater, stirring occasionally, until veryal dente, 6–8 minutes; drain.
- ☐ Meanwhile, heat 1/2 cup oil in a Dutchoven or other large heavy pot over medium–highheat.
- ☐ Add garlic and red pepper flakesand cook, stirring, until fragrant, about30 seconds. Carefully add wine; bring to aboil, reduce heat, and simmer until reducedby half, about 3 minutes.
- ☐ Add clams, cover, and cook, transferringclams to a bowl as they open (discard anythat do not open), 6–8 minutes.
- ☐ Add fregolato cooking liquid in pot and cook, stirring,until fregola is tender and sauce is slightlythickened (there should still be plenty ofliquid), about 2 minutes. Return clams topot and cook until warmed through.
- ☐ Divide fregola and clams among bowls,drizzle with oil, and top with parsley andlemon zest.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:21.67, Inflammation Score:–5, Nutrition Score:12.598260848419%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 350.6kcal (17.53%), Fat: 6.69g (10.29%), Saturated Fat: 0.98g (6.13%), Carbohydrates: 55.06g (18.35%), Net Carbohydrates: 52.5g (19.09%), Sugar: 2.26g (2.51%), Cholesterol: 3.78mg (1.26%), Sodium: 216.3mg (9.4%), Alcohol: 3.09g (100%), Alcohol %: 2.7% (100%), Protein: 11.34g (22.68%), Selenium: 49µg (70%), Manganese: 0.73mg (36.65%), Vitamin K: 36.82µg (35.07%), Vitamin B12: 1.42µg (23.73%), Phosphorus: 169.28mg (16.93%), Copper: 0.23mg (11.28%), Magnesium: 45.12mg (11.28%), Fiber: 2.57g (10.26%), Iron: 1.48mg (8.2%), Zinc: 1.16mg (7.74%), Vitamin E: 1.15mg (7.66%), Vitamin B6: 0.15mg (7.41%), Vitamin A: 354.79IU (7.1%), Vitamin B3: 1.38mg (6.89%), Potassium: 212.48mg (6.07%), Vitamin B1: 0.07mg (4.89%), Folate: 16.94µg (4.24%), Vitamin C: 3.45mg (4.19%), Vitamin B5: 0.36mg (3.6%), Vitamin B2: 0.06mg (3.56%), Calcium: 30.13mg (3.01%)