



Garlic & Chili Clams



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



2

CALORIES



124 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

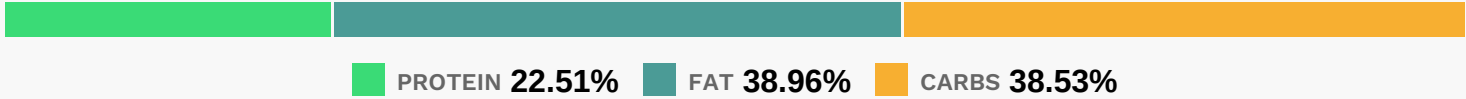
- ☐ 500 g clams
- ☐ 1 not your choice red thinly sliced
- ☐ 0.5 bulb garlic – and or finely minced pressed peeled
- ☐ 2 Tbs mirin
- ☐ 1 pinch salt
- ☐ 0.5 Tbs sesame oil
- ☐ 3 tablespoon a few es of shaoxing wine

Equipment

Directions

☐ Clean the clams and soak in brine (1 tsp salt in 2 1/2 cups water) for at least 1 hr. Rinse.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:0.43, Inflammation Score:-2, Nutrition Score:5.1082607622704%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 123.76kcal (6.19%), Fat: 4.36g (6.71%), Saturated Fat: 0.98g (6.1%), Carbohydrates: 9.71g (3.24%), Net Carbohydrates: 9.7g (3.53%), Sugar: 4.01g (4.45%), Cholesterol: 11.25mg (3.75%), Sodium: 171.01mg (7.44%), Alcohol: 5.32g (100%), Alcohol %: 8.25% (100%), Protein: 5.67g (11.35%), Vitamin B12: 4.24µg (70.63%), Selenium: 11.9µg (17%), Phosphorus: 76.75mg (7.67%), Iron: 0.64mg (3.57%), Vitamin A: 112.57IU (2.25%), Manganese: 0.04mg (2.22%), Magnesium: 8.66mg (2.17%), Vitamin E: 0.32mg (2.16%), Calcium: 17.12mg (1.71%), Zinc: 0.2mg (1.36%), Copper: 0.02mg (1.21%)