



Ginger-and-Herb Pan-Grilled Clams with Tomato Bruschetta



Gluten Free



Dairy Free

READY IN



31 min.

SERVINGS



3

CALORIES



308 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup cooking wine dry white
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.5 inch ginger fresh grated
- ☐ 0.3 cup parsley fresh chopped
- ☐ 5 garlic cloves finely chopped
- ☐ 36 littleneck clams
- ☐ 0.3 cup olive oil

- ☐ 1 large onion finely chopped
- ☐ 3 servings tomato bruschetta
- ☐ 2 tomatoes finely chopped

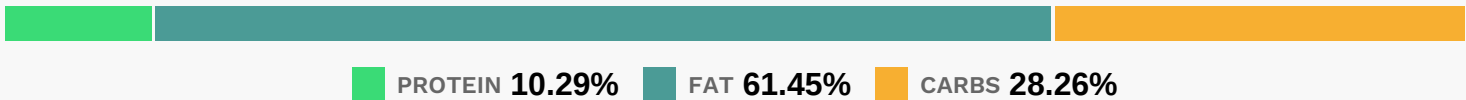
Equipment

- ☐ frying pan
- ☐ roasting pan
- ☐ grill

Directions

- ☐ Combine first 8 ingredients in a disposable roasting pan.
- ☐ Place pan on grill over high heat (450 to 60
- ☐ for 5 minutes or until liquid comes to a boil. Stir in clams; cover with a sheet pan. Grill 8 to 10 minutes or until clams open. (Discard any that do not.)
- ☐ Serve immediately with Tomato Bruschetta or grilled French bread.

Nutrition Facts



Properties

Glycemic Index:84.67, Glycemic Load:4.73, Inflammation Score:-10, Nutrition Score:21.480869604194%

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: 2.01mg, Naringenin: 2.01mg, Naringenin: 2.01mg, Naringenin: 2.01mg Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg Quercetin: 12.5mg, Quercetin: 12.5mg, Quercetin: 12.5mg, Quercetin: 12.5mg

Nutrients (% of daily need)

Calories: 307.64kcal (15.38%), Fat: 18.9g (29.07%), Saturated Fat: 2.64g (16.49%), Carbohydrates: 19.55g (6.52%), Net Carbohydrates: 15.22g (5.54%), Sugar: 9.71g (10.79%), Cholesterol: 7.56mg (2.52%), Sodium: 36.99mg (1.61%), Alcohol: 6.18g (100%), Alcohol %: 1.83% (100%), Protein: 7.12g (14.24%), Vitamin K: 118.24µg (112.61%), Vitamin C: 48.22mg (58.45%), Vitamin A: 2770.68IU (55.41%), Vitamin B12: 2.85µg (47.46%), Vitamin E: 4.27mg (28.44%), Manganese: 0.55mg (27.74%), Potassium: 807.85mg (23.08%), Vitamin B6: 0.37mg (18.62%), Fiber: 4.32g (17.3%), Phosphorus: 149.66mg (14.97%), Folate: 59.37µg (14.84%), Selenium: 8.76µg (12.51%), Magnesium: 49.21mg (12.3%), Copper: 0.22mg (10.89%), Iron: 1.91mg (10.61%), Vitamin B1: 0.14mg (9.48%), Vitamin B3: 1.89mg (9.46%), Calcium: 70.14mg (7.01%), Zinc: 0.85mg (5.69%), Vitamin B2: 0.1mg (5.61%), Vitamin B5: 0.42mg (4.19%)