



Goan Curried Clams



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



215 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon cayenne
- ☐ 2 pounds hard-shelled clams such as littlenecks (less than 2 inches in diameter; 36)
- ☐ 0.5 teaspoon coarse salt to taste
- ☐ 0.5 cup laxmi's coconut milk or coconut milk fresh unsweetened canned
- ☐ 4 servings coconut desiccated coconut fresh unsweetened grated
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoon gingerroot fresh grated peeled
- ☐ 1 teaspoon ground coriander seeds

- ☐ 0.5 teaspoon ground cumin
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 medium onion
- ☐ 2 teaspoons paprika
- ☐ 1.5 tablespoons vegetable oil

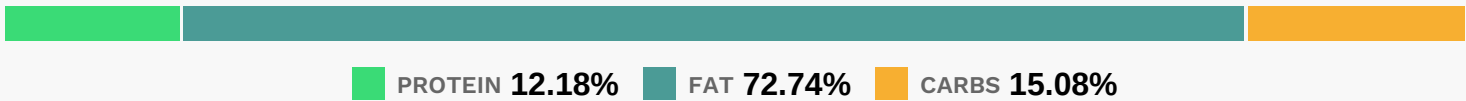
Equipment

- ☐ bowl

Directions

- ☐ Finely chop onion and scrub clams In a 5- to 6-quart heavy kettle heat oil over moderate heat until hot but not smoking and cook onion and gingerroot, stirring occasionally, until lightly browned, 5 to 6 minutes.
- ☐ Add spices and salt and cook, stirring, until fragrant, about 1 minute.
- ☐ Add coconut milk and bring to a gentle boil.
- ☐ Add clams and boil mixture gently, covered, stirring occasionally, until clams are opened, 6 to 8 minutes. (Discard any unopened clams.)
- ☐ Serve clams in bowls with cooking liquid and sprinkle with lime juice, cilantro, and grated coconut.

Nutrition Facts



Properties

Glycemic Index:62.5, Glycemic Load:1.75, Inflammation Score:-6, Nutrition Score:10.33304340943%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg

Nutrients (% of daily need)

Calories: 214.91kcal (10.75%), Fat: 18.25g (28.08%), Saturated Fat: 11.96g (74.73%), Carbohydrates: 8.52g (2.84%), Net Carbohydrates: 5.75g (2.09%), Sugar: 2.15g (2.39%), Cholesterol: 10.21mg (3.4%), Sodium: 319.88mg (13.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.87g (13.75%), Vitamin B12: 3.84µg (64.07%), Manganese: 0.6mg (29.91%), Selenium: 12.63µg (18.05%), Vitamin A: 664.06IU (13.28%), Iron: 2.36mg (13.12%), Phosphorus: 130.84mg (13.08%), Fiber: 2.77g (11.07%), Vitamin K: 11.13µg (10.6%), Copper: 0.19mg (9.56%), Magnesium: 36.78mg (9.2%), Vitamin E: 1.05mg (7%), Potassium: 220.6mg (6.3%), Vitamin B6: 0.1mg (5.23%), Vitamin C: 4.29mg (5.2%), Zinc: 0.67mg (4.47%), Calcium: 36.44mg (3.64%), Folate: 13.49µg (3.37%), Vitamin B2: 0.05mg (2.84%), Vitamin B3: 0.54mg (2.72%), Vitamin B1: 0.04mg (2.53%), Vitamin B5: 0.24mg (2.42%)