



Greek-Style Clam Soup

READY IN



45 min.

SERVINGS



6

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce bottled clam juice
- ☐ 3 cups orzo pasta hot rice-shaped cooked uncooked ()
- ☐ 1 cup cooking wine dry white
- ☐ 6 tablespoons feta cheese crumbled
- ☐ 0.3 cup parsley fresh chopped
- ☐ 5 garlic cloves minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 pounds littleneck clams scrubbed
- ☐ 2 tablespoons olive oil

- ☐ 1 cup onion chopped
- ☐ 0.3 cup oregano fresh chopped
- ☐ 0.5 teaspoon salt
- ☐ 3 cups tomatoes peeled seeded chopped
- ☐ 3 cups water

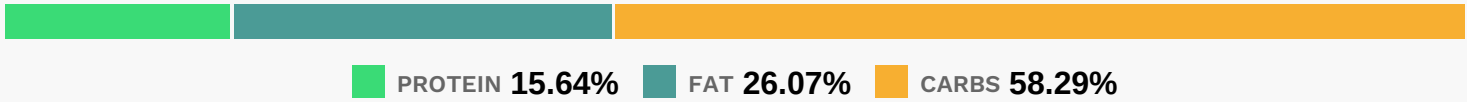
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ Heat oil in a large Dutch oven over medium-high heat.
- ☐ Add onion, salt, and garlic; saut 4 minutes. Stir in tomato; cook 8 minutes, stirring occasionally. Stir in 3 cups water, wine, and clam juice; bring to a boil. Reduce heat, and simmer 6 minutes.
- ☐ Add clams to pan. Cover and cook 10 minutes or until clams open; discard any unopened shells.
- ☐ Remove from heat. Stir in parsley, oregano, and lemon juice.
- ☐ Place 1/2 cup pasta in each of 6 soup bowls; ladle 5 clams and about 1 cup broth over each serving. Top each serving with 1 tablespoon cheese.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:14.57, Inflammation Score:-10, Nutrition Score:20.370869374794%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin:

0.22mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 7.2mg, Apigenin: 7.2mg, Apigenin: 7.2mg, Apigenin: 7.2mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg

Nutrients (% of daily need)

Calories: 365.02kcal (18.25%), Fat: 9.88g (15.2%), Saturated Fat: 3.18g (19.9%), Carbohydrates: 49.69g (16.56%), Net Carbohydrates: 45.03g (16.37%), Sugar: 7.66g (8.51%), Cholesterol: 21.93mg (7.31%), Sodium: 858.41mg (37.32%), Alcohol: 4.12g (100%), Alcohol %: 0.98% (100%), Protein: 13.34g (26.67%), Vitamin K: 74.05µg (70.52%), Selenium: 35.22µg (50.32%), Vitamin B12: 2.87µg (47.88%), Manganese: 0.67mg (33.55%), Vitamin C: 24.11mg (29.22%), Iron: 4.13mg (22.96%), Phosphorus: 211.59mg (21.16%), Vitamin B6: 0.41mg (20.43%), Calcium: 197.26mg (19.73%), Fiber: 4.67g (18.66%), Vitamin B2: 0.28mg (16.29%), Vitamin E: 2.22mg (14.78%), Magnesium: 57.2mg (14.3%), Vitamin A: 708.7IU (14.17%), Potassium: 481.26mg (13.75%), Copper: 0.27mg (13.63%), Folate: 45.12µg (11.28%), Zinc: 1.54mg (10.25%), Vitamin B1: 0.14mg (9.67%), Vitamin B3: 1.88mg (9.42%), Vitamin B5: 0.61mg (6.11%)