



Grill-Braised Clams and Chorizo in Tomato-Saffron Broth

 Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



704 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 6 ounce chorizo spanish cut in half lengthwise
- ☐ 1 ears corn
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 tablespoon thyme sprigs fresh chopped

- ☐ 7 garlic clove thinly sliced
- ☐ 4 spring onion
- ☐ 3 inch bread french italian
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2.5 pounds littleneck clams
- ☐ 1.5 cups beef broth fat-free
- ☐ 3 cups fries divided
- ☐ 1 poblano pepper
- ☐ 0.5 teaspoon saffron threads

Equipment

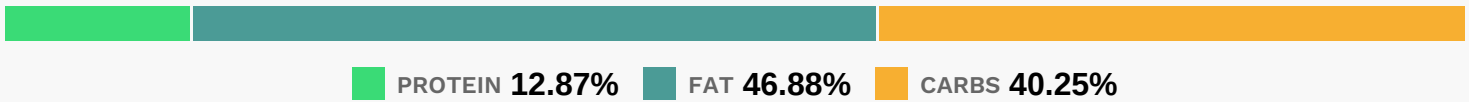
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ ladle
- ☐ knife
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Preheat grill to medium-high heat.
- ☐ Pierce the bottom of a disposable foil pan several times with the tip of a knife. Line pan with newspaper or paper towels; place 2 cups wood chips on top of paper in pan.
- ☐ Combine broth and the next 6 ingredients (through tomatoes) in a medium ovenproof saucepan.
- ☐ Place disposable pan on 1 side of grill rack; ignite newspaper with a long match.
- ☐ Place saucepan on other side of grill rack. Cover grill. Bring sauce to a simmer, and grill for 15 minutes.

- ☐ Remove saucepan from grill, and keep warm.
- ☐ Place poblano and corn on grill rack coated with cooking spray. Cover and grill 10 minutes, turning occasionally.
- ☐ Add green onions and chorizo, cut sides down, to grill rack; cover and grill 4 minutes or until poblano is blackened and charred and corn is lightly charred, turning occasionally.
- ☐ Place poblano in a paper bag; fold to close tightly.
- ☐ Let stand for 5 minutes. Peel and discard skins; cut poblano in half lengthwise. Discard stem, seeds, and membranes. Chop poblano, cut kernels from corn cob, slice green onions, and dice chorizo; add to broth mixture.
- ☐ Add remaining 1 cup wood chips to disposable pan. Return saucepan to grill rack. Cover grill, and simmer.
- ☐ Place clams on grill rack. Cover and grill for 2 minutes or until clams just begin to open. Discard unopened shells.
- ☐ Add clams to broth mixture; cover and grill for 4 minutes or until shells open completely.
- ☐ Remove saucepan from grill; stir in parsley and juice. Cover and keep warm.
- ☐ Place bread on grill rack, and grill 1 to 2 minutes on each side or until toasted. Ladle clam mixture into bowls.
- ☐ Serve with grilled bread.

Nutrition Facts



Properties

Glycemic Index:122.21, Glycemic Load:33.44, Inflammation Score:-10, Nutrition Score:28.364782623623%

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 Apigenin: 4.35mg, Apigenin: 4.35mg, Apigenin: 4.35mg, Apigenin: 4.35mg Luteolin: 2.21mg, Luteolin: 2.21mg, Luteolin: 2.21mg, Luteolin: 2.21mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 704.09kcal (35.2%), Fat: 37.62g (57.88%), Saturated Fat: 12.11g (75.67%), Carbohydrates: 72.67g (24.22%), Net Carbohydrates: 60.91g (22.15%), Sugar: 7.19g (7.98%), Cholesterol: 39.33mg (13.11%), Sodium: 1216.31mg (52.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.25g (46.49%), Vitamin B12: 4.81µg (80.09%), Vitamin C: 56.9mg (68.97%), Vitamin K: 65.88µg (62.74%), Fiber: 11.76g (47.02%), Manganese: 0.87mg (43.61%), Potassium: 1462.79mg (41.79%), Iron: 6.21mg (34.53%), Vitamin B6: 0.65mg (32.63%), Vitamin B3: 6.19mg (30.96%), Phosphorus: 298.08mg (29.81%), Selenium: 16.05µg (22.93%), Vitamin A: 1062.32IU (21.25%), Folate: 81.77µg (20.44%), Magnesium: 80.65mg (20.16%), Vitamin B1: 0.3mg (20.08%), Copper: 0.34mg (17.2%), Vitamin B5: 1.57mg (15.67%), Vitamin E: 1.84mg (12.29%), Vitamin B2: 0.18mg (10.7%), Calcium: 101.11mg (10.11%), Zinc: 1.41mg (9.41%)