



Littleneck Clams with Cilantro-Black Walnut Pesto

 Gluten Free

READY IN



45 min.

SERVINGS



20

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup walnuts black
- ☐ 2 cups cooking wine dry white
- ☐ 2 cups cilantro leaves fresh
- ☐ 2 garlic cloves chopped
- ☐ 8 garlic cloves
- ☐ 40 littleneck clams scrubbed
- ☐ 0.8 cup olive oil

- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 20 servings garnish: pimiento chopped
- ☐ 0.5 cup romano cheese grated
- ☐ 0.5 teaspoon salt
- ☐ 1 shallots chopped

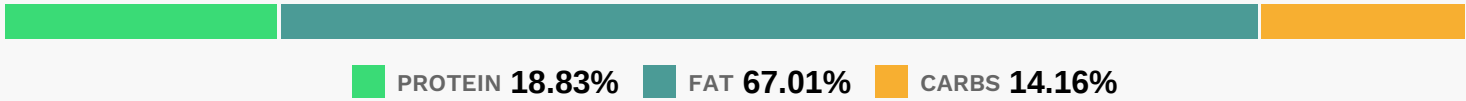
Equipment

- ☐ food processor
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Process first 8 ingredients in a blender or food processor until smooth; set pesto aside.
- ☐ Bring wine, chopped garlic, and shallot to a boil in a Dutch oven.
- ☐ Add clams, and cook 5 minutes or until clams open.
- ☐ Drain and cool.
- ☐ Remove clams from shells, reserving 40 half shells. Chill clams at least 1 hour.
- ☐ Stir pesto into clams; spoon 1 clam and pesto into each reserved shell.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:13.4, Glycemic Load:0.37, Inflammation Score:-3, Nutrition Score:3.1713043315255%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin:

0.13mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 80.97kcal (4.05%), Fat: 4.9g (7.54%), Saturated Fat: 1.15g (7.22%), Carbohydrates: 2.33g (0.78%), Net Carbohydrates: 1.97g (0.72%), Sugar: 0.45g (0.49%), Cholesterol: 6.03mg (2.01%), Sodium: 136.85mg (5.95%), Alcohol: 2.47g (100%), Alcohol %: 6.27% (100%), Protein: 3.1g (6.2%), Manganese: 0.2mg (9.79%), Vitamin B12: 0.54µg (8.94%), Phosphorus: 67.58mg (6.76%), Vitamin K: 6.4µg (6.1%), Calcium: 58.89mg (5.89%), Selenium: 3.32µg (4.75%), Vitamin A: 180.69IU (3.61%), Magnesium: 12.55mg (3.14%), Vitamin B6: 0.06mg (3.14%), Copper: 0.06mg (2.88%), Vitamin E: 0.39mg (2.58%), Vitamin C: 2.09mg (2.54%), Zinc: 0.36mg (2.41%), Iron: 0.36mg (2.01%), Vitamin B2: 0.03mg (1.91%), Potassium: 62.88mg (1.8%), Fiber: 0.36g (1.43%), Vitamin B5: 0.11mg (1.1%)