



Littleneck Clams with New Potatoes and Spring Onions

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings bread toasted (for serving)
- ☐ 1 cup sauvignon blanc white wine dry white (such as Sauvignon Blanc or Pinot Gris)
- ☐ 4 garlic clove thinly sliced
- ☐ 5 pounds littleneck clams scrubbed
- ☐ 1.5 pounds baby potatoes thick sliced
- ☐ 3 tablespoons olive oil
- ☐ 1 bunch spring onion divided halved sliced

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4 ounces chorizo smoked spanish cut into 1/4" pieces

Equipment

☐

bowl

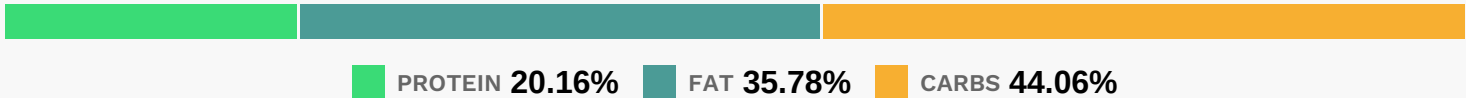
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pot

Directions

- ☐
- Heat oil in a large heavy pot over medium heat.
- ☐
- Add chorizo and cook, stirring often, until some fat has rendered and chorizo begins to crisp, about 4 minutes.
- ☐
- Add potatoes, spring onion whites, and garlic. Cook, tossing often, until potatoes are crisp-tender, 10–12 minutes.
- ☐
- Add wine and cook until reduced by half, about 5 minutes.
- ☐
- Add 2 1/2 cups water and continue to cook until potatoes are just tender, 5–8 minutes longer.
- ☐
- Add clams and half of onion greens, cover pot, and cook, stirring occasionally, until clams have opened, 8–10 minutes (discard any clams that do not open).
- ☐
- Divide clam mixture among bowls. Top with remaining onion greens and serve with toast.

Nutrition Facts



Properties

Glycemic Index:43.24, Glycemic Load:22.44, Inflammation Score:-6, Nutrition Score:17.851304282313%

Flavonoids

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: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 364.8kcal (18.24%), Fat: 13.32g (20.49%), Saturated Fat: 2.99g (18.67%), Carbohydrates: 36.9g (12.3%), Net Carbohydrates: 33.14g (12.05%), Sugar: 2.6g (2.89%), Cholesterol: 28.82mg (9.61%), Sodium: 172.3mg (7.49%),

Alcohol: 4.13g (100%), Alcohol %: 1.94% (100%), Protein: 16.89g (33.77%), Vitamin B12: 6.41µg (106.78%), Selenium: 26.06µg (37.23%), Manganese: 0.6mg (29.76%), Vitamin C: 23.77mg (28.81%), Phosphorus: 217.56mg (21.76%), Vitamin B6: 0.4mg (19.93%), Iron: 3.31mg (18.38%), Potassium: 562.1mg (16.06%), Vitamin K: 16.17µg (15.4%), Fiber: 3.76g (15.04%), Vitamin B3: 2.99mg (14.97%), Vitamin B1: 0.22mg (14.7%), Magnesium: 49.63mg (12.41%), Folate: 47.4µg (11.85%), Copper: 0.2mg (10.16%), Vitamin E: 1.48mg (9.88%), Vitamin B2: 0.13mg (7.94%), Calcium: 77.29mg (7.73%), Vitamin B5: 0.66mg (6.64%), Zinc: 0.95mg (6.32%), Vitamin A: 280.48IU (5.61%)