



 17%  
HEALTH SCORE

## Mussels & Clams in White Wine {Cozze e Vongole}

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 servings cherry tomatoes halved
- 4 servings pepper
- 4 tablespoons parsley fresh chopped
- 2 teaspoons garlic minced
- 1 tablespoon olive oil
- 4 servings salt to taste
- 1 glass wine

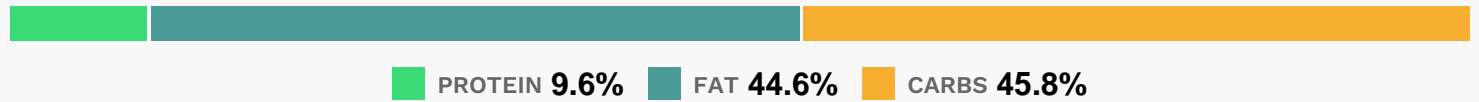
# Equipment

- frying pan

# Directions

- In a large frying pan on low heat add 3–4 glugs of olive oil and slowly cook the garlic until brown all over.
- Remove & discard the garlic (if you like it, leave it in.) Turn the heat up, add in chili flakes & clams – cook about 30 seconds to 1 minute. Then add in the mussels. Turn up the heat and toss in the cherry tomatoes, sauteing for a moment or two. Next add a half glass of white wine and cover. Allow to sit covered 1–2 minutes at most until the shells open. Then shut off the heat, add in your parsley. Finish with a bit of butter or good glug of olive oil. Top with arugula if you like.
- Serve immediately with plenty of good crunchy bread to dip & white wine wine.

# Nutrition Facts



# Properties

Glycemic Index:19.25, Glycemic Load:0.41, Inflammation Score:-8, Nutrition Score:11.841304347826%

# Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

# Taste

Sweetness: 62.67%, Saltiness: 23.97%, Sourness: 100%, Bitterness: 33.93%, Savoriness: 21.12%, Fattiness: 20.65%, Spiciness: 0%

# Nutrients (% of daily need)

Calories: 115.28kcal (5.76%), Fat: 3.99g (6.13%), Saturated Fat: 0.56g (3.51%), Carbohydrates: 9.21g (3.07%), Net Carbohydrates: 7.32g (2.66%), Sugar: 4.44g (4.94%), Cholesterol: 0mg (0%), Sodium: 248.39mg (10.8%), Alcohol: 6.08g (33.76%), Protein: 1.93g (3.86%), Vitamin K: 74.23µg (70.69%), Vitamin C: 39.55mg (47.93%), Vitamin A: 1653.81IU (33.08%), Manganese: 0.29mg (14.52%), Vitamin E: 2.13mg (14.18%), Potassium: 431.78mg (12.34%), Vitamin B6: 0.21mg (10.52%), Iron: 1.81mg (10.04%), Fiber: 1.9g (7.58%), Copper: 0.14mg (7.2%), Folate: 26.52µg (6.63%), Phosphorus: 62.68mg (6.27%), Magnesium: 24.58mg (6.14%), Vitamin B3: 1.15mg (5.73%), Vitamin B1: 0.07mg (4.51%), Vitamin B2: 0.07mg (3.87%), Calcium: 36.58mg (3.66%), Zinc: 0.42mg (2.83%), Vitamin B5: 0.26mg (2.6%), Selenium: 1.42µg (2.03%)