



Oven-roasted Clams with Chanterelles, Bacon, and Tomatoes

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



395 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup bacon diced (3 slices; 3 oz. total)
- ☐ 1 cup cherry tomatoes diced cored stemmed rinsed seeded cut in half), , , , and
- ☐ 2 pounds clams scrubbed for steaming, well under cool running water
- ☐ 3 tablespoons wine dry white
- ☐ 4 sprigs thyme sprigs fresh rinsed (4 in. long)
- ☐ 2 cloves garlic peeled thinly sliced
- ☐ 4 oz optional: lemon rinsed cut lengthwise into 6 wedges

- ☐ 6 ounces mushrooms fresh rinsed ends trimmed cut into 3/4-inch chunks (see notes)
- ☐ 0.5 cup olives black pitted (see notes)
- ☐ 1 tablespoon olive oil
- ☐ 6 tablespoons butter unsalted

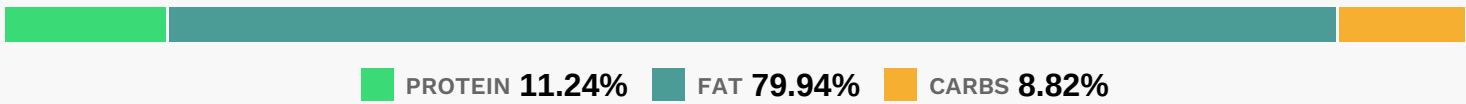
Equipment

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

Directions

- ☐ In a 10- to 12-inch ovenproof frying pan (with at least 2 1/2-in. sides) over medium-high heat, stir bacon often until browned and crisp, 3 to 5 minutes.
- ☐ Add olive oil, mushrooms, and garlic and stir often until mushrooms are slightly limp, 2 to 3 minutes.
- ☐ Add butter, wine, tomatoes, olives, and thyme sprigs; stir often over high heat until butter is melted and liquid is boiling.
- ☐ Add clams and squeeze 2 lemon wedges over clams, discarding seeds and peels. Cover pan.
- ☐ Transfer pan to a 500 regular or convection oven and bake until clams pop open, 12 to 15 minutes.
- ☐ Ladle clam mixture and juices equally into four wide, shallow bowls; discard any clams that didn't open.
- ☐ Garnish each serving with a lemon wedge.

Nutrition Facts



Properties

Glycemic Index:43.63, Glycemic Load:1.34, Inflammation Score:-9, Nutrition Score:13.891304472218%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 6.06mg, Eriodictyol: 6.06mg, Eriodictyol: 6.06mg, Eriodictyol: 6.06mg Hesperetin: 7.95mg, Hesperetin: 7.95mg, Hesperetin: 7.95mg, Hesperetin: 7.95mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 395.31kcal (19.77%), Fat: 35.47g (54.58%), Saturated Fat: 15.65g (97.83%), Carbohydrates: 8.81g (2.94%), Net Carbohydrates: 6.6g (2.4%), Sugar: 2.7g (3.01%), Cholesterol: 74.87mg (24.96%), Sodium: 488.16mg (21.22%), Alcohol: 1.16g (100%), Alcohol %: 0.65% (100%), Protein: 11.22g (22.45%), Vitamin B12: 4.04µg (67.41%), Vitamin C: 26.48mg (32.1%), Selenium: 21.19µg (30.28%), Vitamin A: 940.14IU (18.8%), Phosphorus: 172.58mg (17.26%), Vitamin B3: 3.16mg (15.8%), Vitamin E: 2.25mg (14.99%), Vitamin B2: 0.24mg (14.04%), Copper: 0.24mg (11.91%), Vitamin B6: 0.21mg (10.6%), Potassium: 362.01mg (10.34%), Vitamin B1: 0.15mg (10.3%), Vitamin B5: 1mg (9.98%), Iron: 1.65mg (9.14%), Fiber: 2.21g (8.83%), Manganese: 0.16mg (7.8%), Magnesium: 24.84mg (6.21%), Zinc: 0.89mg (5.92%), Calcium: 49.12mg (4.91%), Vitamin K: 4.99µg (4.76%), Folate: 18.63µg (4.66%), Vitamin D: 0.52µg (3.46%)