



Pepe's Cataplana

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



194 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounce bottled clam juice
- 2 cups cooking wine dry white
- 3 garlic cloves minced
- 1 cup bell pepper green chopped
- 1 cup green onions chopped
- 36 littleneck clams scrubbed
- 1.5 cups mushrooms coarsely chopped
- 1 cup onion diced

- 1 cup bell pepper red chopped
- 2 cups howard's tomato sauce
- 6 ounces turkey kielbasa diagonally sliced ()
- 2 cups water

Equipment

- frying pan

Directions

- Heat a large nonstick skillet over medium-high heat.
- Add sausage; saut 4 minutes. Reduce heat to medium-low.
- Add diced onion, bell peppers, and garlic; saut 5 minutes.
- Add mushrooms and green onions; saut 2 minutes.
- Add water, wine, tomato sauce, and clam juice; bring to a boil. Reduce heat, and simmer 25 minutes.
- Add clams; cover, and simmer 5 minutes or until clam shells open. Discard any unopened clam shells.

Nutrition Facts



Properties

Glycemic Index:41.67, Glycemic Load:3.33, Inflammation Score:-9, Nutrition Score:19.033478101958%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Luteolin: 1.33mg, Luteolin: 1.33mg, Luteolin: 1.33mg, Luteolin: 1.33mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.86mg, Quercetin: 7.86mg, Quercetin: 7.86mg, Quercetin: 7.86mg

Nutrients (% of daily need)

Calories: 193.91kcal (9.7%), Fat: 3.19g (4.9%), Saturated Fat: 1.18g (7.4%), Carbohydrates: 19.97g (6.66%), Net Carbohydrates: 16.23g (5.9%), Sugar: 9.48g (10.54%), Cholesterol: 18.81mg (6.27%), Sodium: 884.92mg (38.47%), Alcohol: 8.24g (100%), Alcohol %: 2.39% (100%), Protein: 9.28g (18.55%), Vitamin C: 74.06mg (89.77%), Vitamin K: 40.55µg (38.61%), Vitamin A: 1524.81IU (30.5%), Vitamin B12: 1.57µg (26.11%), Iron: 4.62mg (25.68%), Vitamin B6: 0.47mg (23.3%), Selenium: 13.57µg (19.39%), Potassium: 657.76mg (18.79%), Manganese: 0.36mg (17.97%), Vitamin B3: 3.43mg (17.13%), Phosphorus: 166.26mg (16.63%), Vitamin B2: 0.27mg (15.91%), Fiber: 3.73g (14.93%), Copper: 0.28mg (14.22%), Vitamin E: 1.91mg (12.76%), Folate: 47.84µg (11.96%), Magnesium: 46.41mg (11.6%), Zinc: 1.33mg (8.86%), Vitamin B5: 0.86mg (8.55%), Vitamin B1: 0.13mg (8.33%), Calcium: 60.68mg (6.07%)