

# Pork with Clams

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

READY IN



**535 min.**

SERVINGS



**4**

CALORIES



**464 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 bay leaf
- 2 pounds clams in shell scrubbed
- 1 cup cooking wine dry white
- 4 teaspoons cilantro leaves fresh chopped
- 2 teaspoons parsley fresh chopped
- 5 cloves garlic crushed
- 1 optional: lemon quartered
- 4 tablespoons butter divided

- 2 onions sliced
- 2 teaspoons paprika
- 1.5 pounds roasted cut into 1 inch cubes
- 4 servings salt and pepper to taste
- 4 tomatoes chopped

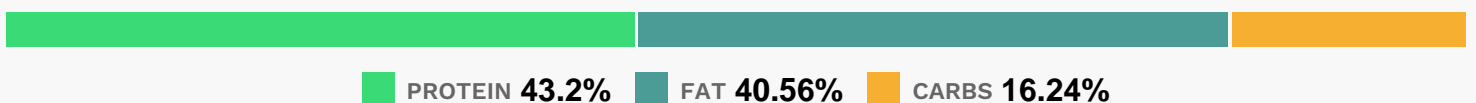
## Equipment

- frying pan
- sauce pan

## Directions

- Put pork in a dish, and add the wine, paprika, bay leaf, cloves, pepper, salt and 2 cloves of garlic. Cover and refrigerate overnight, turning occasionally.
- In a large saucepan, melt 2 tablespoons margarine.
- Saute onions, tomatoes and 5 cloves of garlic. Cook gently until onions are soft; add salt and pepper to taste.
- Wash the clams, discarding any that are open.
- Add them to the onion/tomato mixture. Cover, and cook over high heat until all clams have opened, about 5 minutes, then cook for another minute.
- Meanwhile, drain the pork; set marinade aside.
- Heat the remaining 2 tablespoons margarine in a large frying pan over medium heat. Cook pork until brown on all sides. Stir in marinade, and cook until there is very little liquid left. Keep turning pork or it will stick and burn!
- Serve the pork, the clams in their shells, and the onion mixture with boiled potatoes.
- Sprinkle everything with coriander and parsley, and garnish with lemon quarters.

## Nutrition Facts



## Properties

Glycemic Index:60.38, Glycemic Load:3.78, Inflammation Score:-9, Nutrition Score:31.142173932946%

## Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.77mg, Hesperetin: 7.77mg, Hesperetin: 7.77mg, Hesperetin: 7.77mg Naringenin: 1.21mg, Naringenin: 1.21mg, Naringenin: 1.21mg, Naringenin: 1.21mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 12.33mg, Quercetin: 12.33mg, Quercetin: 12.33mg, Quercetin: 12.33mg

## Nutrients (% of daily need)

Calories: 464.14kcal (23.21%), Fat: 19.04g (29.28%), Saturated Fat: 4.62g (28.86%), Carbohydrates: 17.15g (5.72%), Net Carbohydrates: 13.54g (4.92%), Sugar: 6.96g (7.73%), Cholesterol: 117.37mg (39.12%), Sodium: 441.5mg (19.2%), Alcohol: 6.18g (100%), Alcohol %: 1.6% (100%), Protein: 45.62g (91.25%), Selenium: 58.57µg (83.67%), Vitamin B12: 4.73µg (78.76%), Vitamin B6: 1.57mg (78.67%), Vitamin B1: 0.86mg (57.04%), Vitamin B3: 10.91mg (54.55%), Phosphorus: 522.87mg (52.29%), Vitamin C: 36.54mg (44.29%), Vitamin A: 2139.85IU (42.8%), Potassium: 1148.17mg (32.8%), Zinc: 3.72mg (24.77%), Vitamin B2: 0.41mg (23.9%), Manganese: 0.41mg (20.6%), Magnesium: 81.1mg (20.28%), Vitamin B5: 1.63mg (16.33%), Fiber: 3.61g (14.42%), Iron: 2.53mg (14.08%), Vitamin E: 1.9mg (12.66%), Copper: 0.24mg (12.1%), Vitamin K: 12.24µg (11.66%), Folate: 35.1µg (8.77%), Calcium: 72.88mg (7.29%), Vitamin D: 0.68µg (4.54%)