



## Portuguese Clam and Chorizo Stew

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 pound bacon sliced
- 6 slices bread thick
- 0.5 pound chorizo halved cut into 1/2-inch pieces
- 3 large garlic clove minced peeled
- 48 littleneck clams scrubbed
- 1.5 cups chicken stock low-sodium
- 0.3 cup olive oil extra virgin extra-virgin plus more for brushing
- 1 large onion thinly sliced

- 8 ounce piquillo peppers cut into 1/2-inch strips canned

## Equipment

- bowl
- sauce pan
- oven
- slotted spoon

## Directions

- Preheat the oven to 35
- Put the chorizo in a small saucepan with 1 cup of the stock and simmer until softened, about 15 minutes.
- Drain the chorizo and discard the broth.
- Meanwhile, brush the bread with olive oil and toast for about 10 minutes, until golden. Rub the toasts with the peeled whole garlic clove and transfer each slice to a deep soup bowl.
- In a large enameled cast-iron casserole, heat 2 tablespoons of the olive oil until shimmering.
- Add the bacon and cook over moderate heat, stirring, until crisp, 7 to 8 minutes. Using a slotted spoon, transfer the bacon to a plate and reserve it for another use.
- Add the onion and minced garlic to the casserole and cook over low heat until softened, about 5 minutes.
- Add the piquillo peppers and their liquid and cook for 1 minute.
- Add the chorizo and the remaining 1/2 cup of stock and bring to a boil.
- Add the clams, cover and cook over high heat until nearly all have opened, about 10 minutes. Discard any unopened clams. Spoon the stew over the toasts, drizzle with the remaining 2 tablespoons of olive oil and serve right away.

## Nutrition Facts



**PROTEIN 15.96%** **FAT 62.87%** **CARBS 21.17%**

## Properties

Glycemic Index:28.44, Glycemic Load:7.96, Inflammation Score:-6, Nutrition Score:11.006956691327%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg

## Nutrients (% of daily need)

Calories: 393.39kcal (19.67%), Fat: 27.09g (41.68%), Saturated Fat: 7.47g (46.72%), Carbohydrates: 20.52g (6.84%), Net Carbohydrates: 18.94g (6.89%), Sugar: 3.7g (4.11%), Cholesterol: 41.14mg (13.71%), Sodium: 390.43mg (16.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.48g (30.95%), Vitamin B12: 2.05µg (34.2%), Vitamin C: 25.05mg (30.37%), Selenium: 17.34µg (24.77%), Manganese: 0.41mg (20.37%), Iron: 3.02mg (16.78%), Vitamin B3: 3.23mg (16.16%), Phosphorus: 123.84mg (12.38%), Vitamin B1: 0.18mg (12.28%), Vitamin A: 571.58IU (11.43%), Vitamin E: 1.55mg (10.34%), Folate: 29.43µg (7.36%), Vitamin B2: 0.12mg (6.98%), Vitamin B6: 0.14mg (6.88%), Vitamin K: 6.95µg (6.62%), Fiber: 1.58g (6.31%), Calcium: 53.41mg (5.34%), Copper: 0.1mg (5.13%), Magnesium: 20.41mg (5.1%), Potassium: 177.97mg (5.08%), Zinc: 0.72mg (4.79%), Vitamin B5: 0.4mg (3.99%)