Portuguese Clam and Cilantro Soup

Dairy Free

READY IN	SERVINGS	CALORIES
45 min.	5	437 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 2 cups cubes crusty bread
- [ ] 16 oz bottled clam juice
- [ ] 72 clams in shells scrubbed for steaming,
- [ ] 1 cup cooking wine dry white
- [ ] 1 cup cilantro leaves fresh chopped
- [ ] 1 tablespoon garlic minced
- [ ] 2 tablespoons olive oil
- [ ] 0.5 lb onion peeled chopped

- [ ] 0.3 teaspoon pepper

Equipment

- [ ] bowl
- [ ] frying pan

Directions

- [ ] In a 5- to 6-quart pan over high heat, stir onion in oil until limp, about 3 minutes.
- [ ] Add clam juice, wine, and 2 cups water. Bring to a boil.
- [ ] Add clams, garlic, and pepper.
- [ ] Cover and cook until clams pop open, 5 to 10 minutes.
- [ ] Sprinkle with cilantro.
- [ ] Distribute bread cubes equally among wide soup bowls. Spoon clams and broth into bowls.

Nutrition Facts

PROTEIN **15.73%** FAT **18.75%** CARBS **65.52%**

Properties

Glycemic Index:48.7, Glycemic Load:39.45, Inflammation Score:-8, Nutrition Score:19.689130306244%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg 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: 2.27mg, Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 10.95mg, Quercetin: 10.95mg, Quercetin: 10.95mg, Quercetin: 10.95mg

Nutrients (% of daily need)

Calories: 437.34kcal (21.87%), Fat: 8.44g (12.98%), Saturated Fat: 1.35g (8.45%), Carbohydrates: 66.32g (22.11%), Net Carbohydrates: 62.96g (22.89%), Sugar: 9.8g (10.89%), Cholesterol: 9.07mg (3.02%), Sodium: 921.13mg (40.05%), Alcohol: 4.94g (100%), Alcohol %: 1.96% (100%), Protein: 15.92g (31.85%), Vitamin B12: 3.44µg (57.41%),

Selenium: 37.22µg (53.17%), Vitamin B1: 0.72mg (48.28%), Manganese: 0.72mg (35.92%), Folate: 136.32µg (34.08%), Vitamin B2: 0.45mg (26.69%), Iron: 4.68mg (25.98%), Vitamin B3: 5.03mg (25.15%), Phosphorus: 195.16mg (19.52%), Vitamin K: 14.58µg (13.88%), Fiber: 3.36g (13.46%), Vitamin B6: 0.26mg (13.15%), Magnesium: 51.3mg (12.83%), Vitamin C: 9.26mg (11.22%), Copper: 0.22mg (10.96%), Potassium: 330.15mg (9.43%), Vitamin E: 1.4mg (9.35%), Zinc: 1.38mg (9.21%), Vitamin A: 443.42IU (8.87%), Calcium: 88.55mg (8.86%), Vitamin B5: 0.54mg (5.43%)