



Risotto Alle Vongole (Risotto with Clams)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



401 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups arborio rice
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons fresh flat-leaf parsley fresh chopped
- ☐ 2 teaspoons garlic minced
- ☐ 2.5 pounds littleneck clams
- ☐ 3 tablespoons olive oil divided
- ☐ 0.3 teaspoon salt
- ☐ 8.5 cups water divided

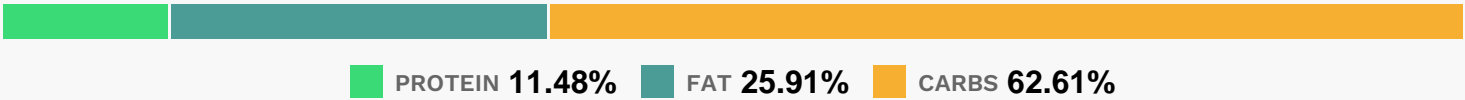
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Put the clams and 1/2 cup water in a large skillet over medium-high heat; cover and cook for 4 minutes or until the shells open.
- ☐ Remove the clams from the pan, reserving the cooking liquid. Cool clams.
- ☐ Remove the meat from the shells, and set aside.
- ☐ Bring 8 cups water to a simmer in a large saucepan (do not boil). Keep warm over low heat. Put 2 tablespoons olive oil, parsley, and garlic in a large saucepan; cook over medium-high heat until garlic sizzles.
- ☐ Add the rice, and stir until coated; cook for 5 minutes, stirring constantly. Stir in reserved clam liquid; cook until the liquid is absorbed, stirring constantly.
- ☐ Add water, 1 cup at a time, stirring constantly until each portion of water is absorbed before adding the next. Continue until rice is tender. Season with salt and pepper.
- ☐ Add clams; cook 3 minutes or until thoroughly heated. Stir in 1 tablespoon olive oil, and sprinkle with parsley, if desired.
- ☐ Serve immediately.
- ☐ Note: To substitute canned clams for the fresh, use 3 (6-ounce) cans clams, undrained, and use 7 cups water.

Nutrition Facts



Properties

Glycemic Index:50.75, Glycemic Load:47.54, Inflammation Score:0, Nutrition Score:17.923043365064%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol:

0.03mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 401.16kcal (20.06%), Fat: 11.33g (17.42%), Saturated Fat: 1.64g (10.25%), Carbohydrates: 61.58g (20.53%), Net Carbohydrates: 59.35g (21.58%), Sugar: 0.03g (0.04%), Cholesterol: 12.76mg (4.25%), Sodium: 196.65mg (8.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.29g (22.59%), Vitamin B12: 4.81µg (80.09%), Folate: 178.48µg (44.62%), Manganese: 0.86mg (42.92%), Vitamin K: 39.44µg (37.56%), Selenium: 24.56µg (35.08%), Vitamin B1: 0.44mg (29%), Iron: 4.08mg (22.68%), Vitamin B3: 3.27mg (16.36%), Phosphorus: 159.1mg (15.91%), Copper: 0.27mg (13.49%), Vitamin E: 1.82mg (12.12%), Vitamin B5: 1.05mg (10.47%), Fiber: 2.23g (8.92%), Magnesium: 31.95mg (7.99%), Vitamin B6: 0.15mg (7.66%), Zinc: 1.13mg (7.55%), Vitamin A: 296.87IU (5.94%), Calcium: 40.14mg (4.01%), Vitamin C: 3.13mg (3.79%), Vitamin B2: 0.06mg (3.34%), Potassium: 95.45mg (2.73%)