



Sautéed Clams Parmesan

READY IN



45 min.

SERVINGS



3

CALORIES



217 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black
- 2 tablespoons breadcrumbs dry
- 2 tablespoons basil fresh chopped
- 2 tablespoons parsley fresh chopped
- 0.3 cup juice of lemon fresh
- 4 pounds littleneck clams
- 2 teaspoons olive oil
- 2 tablespoons oregano fresh chopped
- 2 ounces preshredded parmesan cheese fresh

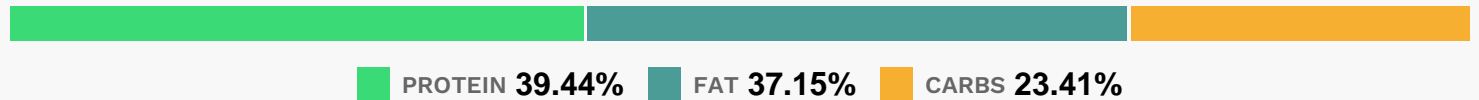
Equipment

- bowl
- frying pan

Directions

- Combine clams, lemon juice, and pepper in a large nonstick skillet. Cover and cook over medium heat 8 minutes or until shells open. Discard any unopened shells.
- While clams cook, combine cheese and next 4 ingredients (through parsley) in a small bowl; set aside.
- Transfer clam mixture to a large bowl.
- Sprinkle with cheese mixture, and drizzle with oil.

Nutrition Facts



Properties

Glycemic Index:64.33, Glycemic Load:1.16, Inflammation Score:-10, Nutrition Score:18.960434670034%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 5.75mg, Apigenin: 5.75mg, Apigenin: 5.75mg, Apigenin: 5.75mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 217.42kcal (10.87%), Fat: 9g (13.85%), Saturated Fat: 3.79g (23.67%), Carbohydrates: 12.76g (4.25%), Net Carbohydrates: 10.79g (3.92%), Sugar: 1.24g (1.38%), Cholesterol: 40.07mg (13.36%), Sodium: 405.08mg (17.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.51g (43.02%), Vitamin B12: 10.5µg (175.02%), Vitamin K: 73.08µg (69.6%), Selenium: 33.89µg (48.41%), Calcium: 333.35mg (33.33%), Phosphorus: 331.17mg (33.12%), Iron: 3.44mg (19.14%), Manganese: 0.37mg (18.65%), Vitamin A: 774.48IU (15.49%), Vitamin C: 11.73mg (14.22%), Vitamin E: 1.72mg (11.47%), Magnesium: 41.4mg (10.35%), Vitamin B2: 0.15mg (8.87%), Zinc: 1.22mg (8.15%), Fiber: 1.97g (7.89%), Folate: 29.98µg (7.49%), Vitamin B1: 0.1mg (6.62%), Copper: 0.11mg (5.45%), Vitamin B3: 1.03mg (5.17%),

Potassium: 158.29mg (4.52%), Vitamin B6: 0.08mg (4.2%), Vitamin B5: 0.33mg (3.32%)