



Skillet Rice Noodles with Clams, Snow Peas, and Corn

 Dairy Free

READY IN



30 min.

SERVINGS



3

CALORIES



577 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup cherry tomatoes halved
- 2 cups ears corn fresh
- 1 cup cilantro leaves fresh roughly chopped
- 3 servings kosher salt
- 1 lime for serving cut into wedges
- 24 littleneck clams scrubbed
- 2 tablespoons olive oil

- 8 oz vermicelli thin
- 0.3 cup rice vinegar to taste (more or less)
- 1 serrano chiles thinly sliced
- 1 cup shallots thinly sliced
- 2 cups snow peas ends trimmed cut into bite-sized pieces on the bias
- 1 tablespoon soya sauce to taste (more or less)
- 1 tablespoon sriracha
- 2.5 cups vegetable broth low-sodium

Equipment

- frying pan

Directions

- Add 2 tablespoons olive oil to a 12-inch skillet over high heat until shimmering. Lower the heat to medium high and add shallots, serrano, and a pinch of salt. Stir and cook until softened, about 4 minutes.
- Add corn and cook for 1 minute longer.
- Add the broth, vinegar, and clams, and increase heat to high. Cook, stirring and shaking skillet occasionally until clams just begin to open.
- Add then noodles, snow peas, and tomatoes, ladling broth over the noodles to moisten them. Lower to a simmer, cover, and continue to cook, stirring occasionally, until the clams are completely open, and the noodles are soft, about 5 minutes longer. Discard any clams that do not open.
- Add the soy sauce, sriracha, and cilantro, and stir to combine.
- Serve immediately with lime wedges.

Nutrition Facts



PROTEIN **9.68%** FAT **17.65%** CARBS **72.67%**

Properties

Glycemic Index:81.33, Glycemic Load:39.79, Inflammation Score:-9, Nutrition Score:25.844347870868%

Flavonoids

Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg

Nutrients (% of daily need)

Calories: 577.4kcal (28.87%), Fat: 11.59g (17.83%), Saturated Fat: 1.81g (11.28%), Carbohydrates: 107.37g (35.79%), Net Carbohydrates: 97.91g (35.6%), Sugar: 17.61g (19.57%), Cholesterol: 5.04mg (1.68%), Sodium: 826.23mg (35.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.3g (28.6%), Vitamin C: 75.48mg (91.5%), Manganese: 1.06mg (53.13%), Vitamin K: 41.3µg (39.34%), Fiber: 9.46g (37.85%), Phosphorus: 347.32mg (34.73%), Vitamin A: 1584.18IU (31.68%), Vitamin B12: 1.9µg (31.64%), Vitamin B6: 0.57mg (28.26%), Folate: 111.31µg (27.83%), Selenium: 19.09µg (27.27%), Potassium: 869.93mg (24.86%), Iron: 4.42mg (24.54%), Vitamin B1: 0.36mg (23.7%), Magnesium: 90.74mg (22.69%), Vitamin B5: 1.65mg (16.49%), Copper: 0.32mg (15.91%), Vitamin B3: 3.13mg (15.67%), Vitamin E: 2.29mg (15.28%), Zinc: 1.74mg (11.61%), Vitamin B2: 0.18mg (10.54%), Calcium: 99.03mg (9.9%)