



Spanish-Style Clams with Red Peppers and Sherry



Gluten Free



Dairy Free

READY IN



17 min.

SERVINGS



4

CALORIES



150 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 3 tablespoons cooking sherry dry
- ☐ 0.3 cup parsley fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 2 pounds littleneck clams scrubbed
- ☐ 0.3 cup lower-sodium chicken broth fat-free
- ☐ 2 tablespoons olive oil

- ☐ 2.5 cups thinly onion vertically sliced
- ☐ 0.5 cup bottled roasted bell peppers red rinsed drained chopped
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon paprika smoked

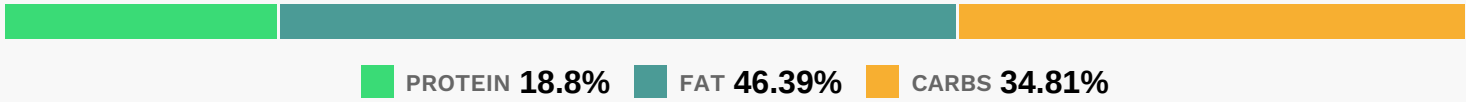
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large saut pan over medium-high heat.
- ☐ Add onion to pan; saut 5 minutes or until lightly browned, stirring frequently. Stir in garlic; cook 30 seconds.
- ☐ Add bell peppers and remaining ingredients except parsley, stirring gently. Cover and cook 4 minutes or until clams open; discard any unopened shells.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:44.5, Glycemic Load:2.71, Inflammation Score:-7, Nutrition Score:12.450434674387%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 20.35mg, Quercetin: 20.35mg, Quercetin: 20.35mg, Quercetin: 20.35mg

Nutrients (% of daily need)

Calories: 150.44kcal (7.52%), Fat: 7.54g (11.61%), Saturated Fat: 1.09g (6.83%), Carbohydrates: 12.74g (4.25%), Net Carbohydrates: 10.55g (3.84%), Sugar: 4.42g (4.91%), Cholesterol: 10.21mg (3.4%), Sodium: 375.28mg (16.32%), Alcohol: 1.16g (100%), Alcohol %: 0.75% (100%), Protein: 6.88g (13.76%), Vitamin B12: 3.84µg (64.07%), Vitamin K: 66.77µg (63.6%), Vitamin C: 21.23mg (25.73%), Selenium: 11.32µg (16.17%), Manganese: 0.28mg (13.84%), Vitamin A: 574.1IU (11.48%), Phosphorus: 108.29mg (10.83%), Vitamin B6: 0.19mg (9.74%), Vitamin E: 1.33mg (8.85%), Fiber: 2.19g (8.75%), Potassium: 271.24mg (7.75%), Folate: 29.48µg (7.37%), Iron: 1.29mg (7.18%), Magnesium: 22.6mg (5.65%), Calcium: 55.21mg (5.52%), Copper: 0.1mg (4.84%), Vitamin B1: 0.06mg (4.3%), Vitamin B2: 0.06mg (3.28%), Zinc: 0.46mg (3.09%), Vitamin B5: 0.22mg (2.2%), Vitamin B3: 0.42mg (2.12%)