



Spicy Asian-Style Noodles with Clams

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



316 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 24 clams fresh scrubbed
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh peeled chopped
- ☐ 6 garlic clove chopped
- ☐ 0.5 cup onion chopped
- ☐ 2 tablespoons sesame oil
- ☐ 8 ounces soup noodles
- ☐ 1 bell pepper red thinly sliced

- ☐ 1 teaspoon pepper dried red crushed
- ☐ 3 tablespoons rice vinegar
- ☐ 2 tablespoons soya sauce
- ☐ 1 cup water

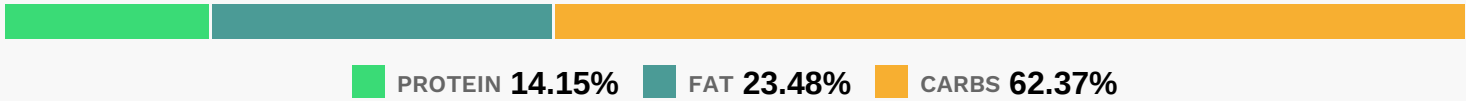
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Cook pasta in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally; drain well. Return to same pot; toss with 1 tablespoon sesame oil. Divide pasta among shallow bowls; cover and keep warm.
- ☐ Heat remaining 1 tablespoon oil in same pot over medium-high heat.
- ☐ Add bell pepper, onion, garlic, ginger and dried red pepper. Sauté until bell pepper begins to soften, about 2 minutes.
- ☐ Add 1 cup water, vinegar and soy sauce and bring to boil.
- ☐ Add clams. Cover pot and cook until clams open, about 10 minutes (discard any clams that do not open).
- ☐ Spoon clams and sauce over pasta.
- ☐ Sprinkle with cilantro and serve.

Nutrition Facts



Properties

Glycemic Index:67.5, Glycemic Load:18.46, Inflammation Score:-8, Nutrition Score:14.700434684753%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.26mg,

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Nutrients (% of daily need)

Calories: 316.34kcal (15.82%), Fat: 8.21g (12.64%), Saturated Fat: 1.22g (7.64%), Carbohydrates: 49.08g (16.36%), Net Carbohydrates: 45.87g (16.68%), Sugar: 3.9g (4.33%), Cholesterol: 3.78mg (1.26%), Sodium: 528.5mg (22.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.13g (22.27%), Selenium: 40.72µg (58.17%), Vitamin C: 41.6mg (50.42%), Manganese: 0.74mg (36.88%), Vitamin A: 1253.29IU (25.07%), Vitamin B12: 1.42µg (23.73%), Phosphorus: 167.76mg (16.78%), Vitamin B6: 0.28mg (14.12%), Fiber: 3.21g (12.84%), Copper: 0.23mg (11.63%), Magnesium: 45.47mg (11.37%), Vitamin B3: 1.8mg (9.01%), Vitamin K: 9.38µg (8.93%), Iron: 1.54mg (8.54%), Potassium: 289mg (8.26%), Folate: 31.65µg (7.91%), Zinc: 1.11mg (7.38%), Vitamin E: 0.97mg (6.46%), Vitamin B1: 0.1mg (6.37%), Vitamin B2: 0.1mg (5.7%), Vitamin B5: 0.46mg (4.62%), Calcium: 39.21mg (3.92%)