



Spicy Clams with Abruzzese Sausage



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



263 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 pound clams scrubbed
- ☐ 2 cup cooking wine dry white
- ☐ 3 tablespoon olive oil extra virgin
- ☐ 0.5 cup parsley leaves italian chopped
- ☐ 0.5 teaspoon red-pepper flakes crushed to taste
- ☐ 4 servings salt and pepper to taste
- ☐ 1 large shallots minced
- ☐ 18 clove garlic whole peeled

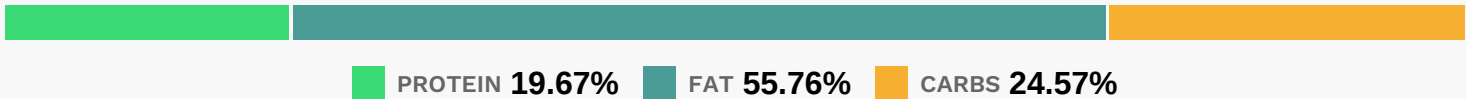
Equipment

- ☐ pot
- ☐ dutch oven

Directions

- ☐ Heat the oil in a large, heavy stock pot or Dutch oven over medium heat.
- ☐ Add the whole garlic cloves and let them cook undisturbed for several minutes until one side begins to get quite brown. Then stir the garlic and continue cooking until browned on all sides, stirring occasionally.
- ☐ Add the chopped shallots and cook until translucent, stirring occasionally.
- ☐ Add the red-pepper flakes and cook a moment more.
- ☐ Add the wine; bring the liquid to a boil.
- ☐ Add the tomatoes and sausage slices. Lower the heat and simmer the pot, stirring occasionally for 15 minutes. Season to taste with salt and pepper.
- ☐ Add the clams to the pot covering it with a tight fitting lid immediately. Continue to cook the clams, shaking the pot once in a while, until the clams open, about 6–8 minutes.
- ☐ Remove the pot from the heat and add the parsley.
- ☐ Serve immediately with good crusty bread.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:2.54, Inflammation Score:-8, Nutrition Score:16.62608677408%

Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg

0.09mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 1.34mg, Myricetin: 1.34mg, Myricetin: 1.34mg, Myricetin: 1.34mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 263.13kcal (13.16%), Fat: 11.16g (17.17%), Saturated Fat: 1.57g (9.83%), Carbohydrates: 11.06g (3.69%), Net Carbohydrates: 10.24g (3.72%), Sugar: 1.86g (2.07%), Cholesterol: 15.31mg (5.1%), Sodium: 239.92mg (10.43%), Alcohol: 12.36g (100%), Alcohol %: 7.48% (100%), Protein: 8.86g (17.71%), Vitamin K: 130.45µg (124.24%), Vitamin B12: 5.77µg (96.1%), Selenium: 17.79µg (25.41%), Manganese: 0.44mg (22.22%), Vitamin C: 14.69mg (17.8%), Vitamin A: 860.48IU (17.21%), Phosphorus: 152.14mg (15.21%), Vitamin E: 2.02mg (13.49%), Vitamin B6: 0.27mg (13.3%), Iron: 2.02mg (11.24%), Magnesium: 30.51mg (7.63%), Calcium: 68.85mg (6.88%), Potassium: 230.25mg (6.58%), Copper: 0.09mg (4.58%), Zinc: 0.68mg (4.52%), Folate: 17.75µg (4.44%), Vitamin B2: 0.06mg (3.78%), Vitamin B1: 0.05mg (3.43%), Fiber: 0.82g (3.27%), Vitamin B3: 0.54mg (2.71%), Vitamin B5: 0.26mg (2.6%)