



## Spicy Steamed Clams with Chinese Broccoli and Pancit Noodles

 Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 6 servings asian fish sauce to taste
- ☐ 1 pound broccoli chinese
- ☐ 2 pound clams scrubbed well
- ☐ 1 cup vermouth dry
- ☐ 4 clove garlic peeled roughly chopped
- ☐ 2 tablespoon mint leaves chopped
- ☐ 1 pound filipinio "pancit" noodles chinese or style

- ☐ 1 tablespoon vegetable oil; peanut oil preferred
- ☐ 2 tablespoon sesame oil toasted
- ☐ 1 cup water

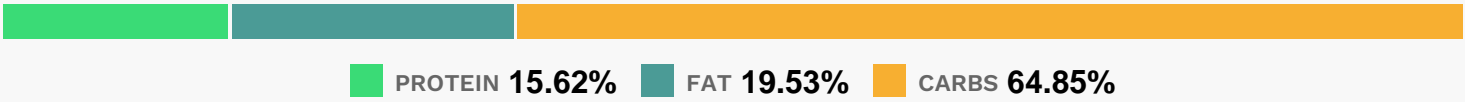
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ wok

## Directions

- ☐ Fill a large bowl with cool water. Soak the noodles in it swishing them around the unclump them. Set aside to soften about 10 minutes. Rinse the broccoli and trim the ends. Separate the large outer leaves from the inner stalks so they are all relatively the same size. Par any particularly thick stalks with a knife.
- ☐ Heat peanut oil in a large wok set over high heat. When the wok is hot add the green onions, garlic, ginger and chiles. Stir-fry until fragrant, about 1 minute.
- ☐ Add the clams and stir fry, uncovered about 3 minutes.
- ☐ Add the vermouth and cover the wok. Cook until clams open, about 3 minutes. Carefully remove all the clams to a large serving plate and discard any that do not open.
- ☐ Add the sesame oil to the wok.
- ☐ Drain the noodles and add them along with 1 cup water to the hot wok, shaking the pan to get them well-coated in the liquid.
- ☐ Lay the cleaned and prepped Chinese broccoli on top. Cover the wok and cook until the broccoli begins to wilt, about 3 minutes.
- ☐ Remove the broccoli to the serving plate with the clams.
- ☐ Add the sausage, shaking the wok until it is just heated through and well incorporated into the noodles.
- ☐ Pour the noodles and all the liquid onto the serving tray.
- ☐ Garnish with chopped mint and season with Asian fish sauce.

## Nutrition Facts



## Properties

Glycemic Index:21.83, Glycemic Load:24.07, Inflammation Score:-8, Nutrition Score:22.927391383959%

## Flavonoids

Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Kaempferol: 5.93mg, Kaempferol: 5.93mg, Kaempferol: 5.93mg, Kaempferol: 5.93mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg

## Nutrients (% of daily need)

Calories: 424.06kcal (21.2%), Fat: 8.66g (13.33%), Saturated Fat: 1.4g (8.76%), Carbohydrates: 64.72g (21.57%), Net Carbohydrates: 60.16g (21.88%), Sugar: 3.36g (3.73%), Cholesterol: 6.8mg (2.27%), Sodium: 123.51mg (5.37%), Alcohol: 3.8g (100%), Alcohol %: 1.82% (100%), Protein: 15.59g (31.18%), Vitamin C: 68.59mg (83.14%), Selenium: 56.98µg (81.4%), Vitamin K: 77.92µg (74.21%), Manganese: 0.93mg (46.33%), Vitamin B12: 2.57µg (42.79%), Phosphorus: 242.03mg (24.2%), Fiber: 4.56g (18.24%), Folate: 64.84µg (16.21%), Magnesium: 64.23mg (16.06%), Copper: 0.29mg (14.29%), Vitamin B6: 0.27mg (13.64%), Potassium: 438.29mg (12.52%), Vitamin A: 610.12IU (12.2%), Iron: 2.03mg (11.27%), Zinc: 1.54mg (10.26%), Vitamin B3: 1.91mg (9.57%), Vitamin B2: 0.15mg (8.83%), Vitamin B1: 0.13mg (8.71%), Vitamin E: 1.26mg (8.4%), Vitamin B5: 0.81mg (8.11%), Calcium: 69.54mg (6.95%)