



Steamed Clams Fagioli

 Dairy Free

READY IN



29 min.

SERVINGS



4

CALORIES



505 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounces bread baguette whole-wheat french toasted ()
- ☐ 15.5 ounce .5 can cannellini beans rinsed drained canned
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 2 tablespoons celery finely chopped
- ☐ 2 tablespoons bottled clam juice
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 2 tablespoons cooking wine dry white
- ☐ 1.5 teaspoons parsley fresh chopped

- ☐ 1 garlic clove minced
- ☐ 12 littleneck clams
- ☐ 0.3 cup lower-sodium chicken broth fat-free
- ☐ 1.5 teaspoons olive oil
- ☐ 0.3 cup onion finely chopped
- ☐ 0.3 teaspoon oregano dried
- ☐ 1 Dash pepper black
- ☐ 1 Dash salt

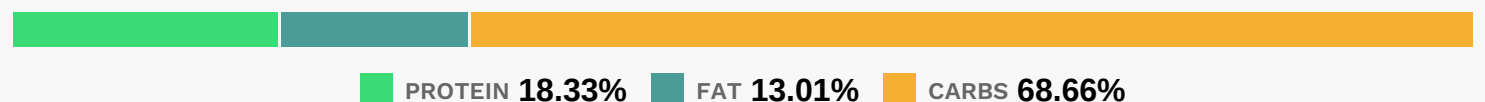
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle

Directions

- ☐ Heat the oil in a medium saucepan over medium-high heat.
- ☐ Add garlic; saut 1 minute, stirring frequently.
- ☐ Add onion and celery; saut for 1 minute, stirring frequently.
- ☐ Add red pepper; cook 1 minute. Stir in wine; cook 1 minute. Stir in tomatoes; bring to a simmer. Cook 5 minutes, stirring frequently.
- ☐ Add broth and next 6 ingredients (through beans); bring to a boil. Cover and reduce heat; simmer 2 minutes.
- ☐ Add clams to pan. Cover and cook over medium-high heat 5 minutes or until clams open; discard unopened shells. Ladle 2/3 cup soup into 4 bowls; top each with 3 clams.
- ☐ Serve with toast.

Nutrition Facts



Properties

Glycemic Index:81.92, Glycemic Load:37.02, Inflammation Score:-8, Nutrition Score:29.261304274849%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 504.72kcal (25.24%), Fat: 7.35g (11.31%), Saturated Fat: 1.14g (7.15%), Carbohydrates: 87.31g (29.1%), Net Carbohydrates: 75.19g (27.34%), Sugar: 12.15g (13.5%), Cholesterol: 1.89mg (0.63%), Sodium: 759.38mg (33.02%), Alcohol: 0.77g (100%), Alcohol %: 0.26% (100%), Protein: 23.31g (46.63%), Manganese: 2.16mg (108.11%), Selenium: 37.19µg (53.13%), Iron: 8.95mg (49.71%), Fiber: 12.12g (48.49%), Folate: 185.87µg (46.47%), Vitamin B1: 0.66mg (43.92%), Vitamin B3: 7.81mg (39.05%), Magnesium: 127.51mg (31.88%), Copper: 0.63mg (31.29%), Phosphorus: 299.21mg (29.92%), Potassium: 1045.9mg (29.88%), Calcium: 268.25mg (26.82%), Vitamin B2: 0.39mg (23.03%), Vitamin B6: 0.4mg (19.91%), Zinc: 2.77mg (18.48%), Vitamin E: 2.7mg (17.97%), Vitamin K: 17.86µg (17.01%), Vitamin B5: 1.47mg (14.66%), Vitamin C: 11.2mg (13.58%), Vitamin B12: 0.71µg (11.9%), Vitamin A: 295.31IU (5.91%)