



Steamed clams in saffron & spring green broth



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



183 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 700 ml low-salt chicken stock hot
- ☐ 75 g chorizo diced
- ☐ 1 clove garlic thinly sliced
- ☐ 1 pinch saffron strands
- ☐ 2 small heads spring greens shredded finely
- ☐ 1 kg live clams washed well
- ☐ 2 tbsp parsley fresh finely chopped
- ☐ 1 tbsp olive oil

☐ 4 servings lemon wedges

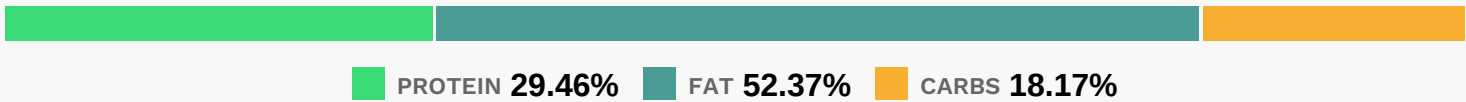
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ slotted spoon

Directions

- ☐ Place the stock, chorizo, garlic and saffron in a large pan and bring to the boil.
- ☐ Add the greens, cover and cook for 2 mins until completely wilted.
- ☐ Add the clams, cover and cook over a high heat for 4-5 mins until every clam has opened. Stir in the chopped parsley.
- ☐ Using a slotted spoon, divide the greens and clams between large, shallow bowls then ladle over the broth.
- ☐ Drizzle with oil and serve with the lemon to squeeze over.

Nutrition Facts



Properties

Glycemic Index:53.13, Glycemic Load:0.47, Inflammation Score:-3, Nutrition Score:9.8960867809213%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 4.1mg, Apigenin: 4.1mg, Apigenin: 4.1mg, Apigenin: 4.1mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 182.88kcal (9.14%), Fat: 10.36g (15.95%), Saturated Fat: 2.8g (17.51%), Carbohydrates: 8.09g (2.7%), Net Carbohydrates: 7.98g (2.9%), Sugar: 2.85g (3.17%), Cholesterol: 28.29mg (9.43%), Sodium: 276.48mg (12.02%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.12g (26.24%), Vitamin B12: 4.24µg (70.63%), Vitamin K: 33.71µg (32.1%), Selenium: 15.5µg (22.14%), Vitamin B3: 2.97mg (14.85%), Phosphorus: 124.82mg (12.48%), Vitamin B2: 0.17mg (9.95%), Iron: 1.5mg (8.35%), Vitamin A: 350.88IU (7.02%), Potassium: 219.67mg (6.28%), Vitamin B6: 0.12mg (6.22%), Copper: 0.12mg (6.07%), Vitamin E: 0.83mg (5.52%), Vitamin B1: 0.07mg (4.76%), Vitamin C: 3.77mg (4.57%), Magnesium: 15.53mg (3.88%), Folate: 13.97µg (3.49%), Zinc: 0.47mg (3.14%), Manganese: 0.05mg (2.6%), Calcium: 24.3mg (2.43%)