



 **10%**  
HEALTH SCORE

## Steamed Clams In Wine and Chorizo

 **Gluten Free**  **Dairy Free**

READY IN



**45 min.**

SERVINGS



**2**

CALORIES



**462 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 pound chorizo spanish (spicy cured pork sausages)
- 0.5 teaspoon cumin seeds
- 0.8 cup wine dry white with a little more salt)
- 2 tablespoons cilantro leaves fresh (coriander)
- 1 garlic clove minced
- 1 kg littleneck clams
- 2 tablespoons olive oil
- 100 g onion chopped

- 0.3 teaspoon salt
- 100 g bell pepper yellow chopped

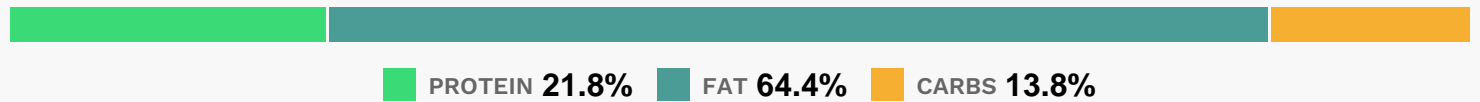
## Equipment

- pot

## Directions

- Cook onion, bell pepper, garlic, cumin seeds and salt in oil in a deep pot over moderate heat, stirring occasionally, until vegetables are softened, 7 to 9 mins. Stir in Wine and bring to boil.
- Add clams and chorizo, then boil, covered until clams open, 7–8 mins. (Discard any clams that are not open)Season with pepper and stir in cilantro.
- Serve these clams with some crusty bread for sopping up the sauce.

## Nutrition Facts



## Properties

Glycemic Index:82, Glycemic Load:2.25, Inflammation Score:-8, Nutrition Score:17.435217391304%

## Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 10.94mg, Quercetin: 10.94mg, Quercetin: 10.94mg, Quercetin: 10.94mg

## Nutrients (% of daily need)

Calories: 461.76kcal (23.09%), Fat: 28.16g (43.32%), Saturated Fat: 7.18g (44.88%), Carbohydrates: 13.58g (4.53%), Net Carbohydrates: 12.18g (4.43%), Sugar: 3.01g (3.35%), Cholesterol: 57.94mg (19.31%), Sodium: 342.31mg (14.88%), Alcohol: 9.27g (51.5%), Protein: 21.44g (42.89%), Vitamin B12: 8.48µg (141.25%), Vitamin C: 96.06mg (116.44%), Selenium: 23.68µg (33.83%), Phosphorus: 196.18mg (19.62%), Iron: 3.33mg (18.51%), Vitamin E: 2.56mg (17.09%), Manganese: 0.34mg (16.81%), Vitamin A: 561.97IU (11.24%), Vitamin B6: 0.22mg (10.89%), Vitamin K:

10.43µg (9.93%), Magnesium: 36.57mg (9.14%), Potassium: 294.64mg (8.42%), Folate: 27.49µg (6.87%), Copper: 0.13mg (6.31%), Calcium: 62.31mg (6.23%), Fiber: 1.4g (5.58%), Zinc: 0.7mg (4.7%), Vitamin B3: 0.9mg (4.5%), Vitamin B2: 0.07mg (4.32%), Vitamin B1: 0.06mg (3.94%), Vitamin B5: 0.31mg (3.08%)