



Steamed Clams in Wine and Chorizo



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



460 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 lb chorizo dried spanish cut into 1/4-inch dice (spicy cured pork sausage)
- ☐ 0.5 teaspoon cumin seeds
- ☐ 0.8 cup wine dry white
- ☐ 2 tablespoons cilantro leaves fresh
- ☐ 1 garlic clove minced
- ☐ 2 lb littleneck clams scrubbed (2 inches wide)
- ☐ 2 tablespoons olive oil
- ☐ 1 medium onion chopped

- ☐ 0.3 teaspoon salt
- ☐ 1 bell pepper yellow chopped

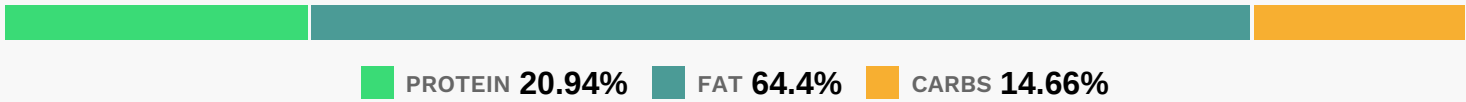
Equipment

- ☐ pot

Directions

- ☐ Cook onion, bell pepper, garlic, cumin, and salt in oil in a 4- to 6-quart heavy pot over moderate heat, stirring occasionally, until vegetables are softened, 7 to 9 minutes. Stir in wine and bring to a boil.
- ☐ Add clams and chorizo, then boil, covered, until clams open, 7 to 8 minutes. (Discard any clams that are not open after 9 minutes.) Season with pepper and stir in cilantro.

Nutrition Facts



Properties

Glycemic Index:82, Glycemic Load:2.29, Inflammation Score:-8, Nutrition Score:17.448695690736%

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: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 12.06mg, Quercetin: 12.06mg, Quercetin: 12.06mg, Quercetin: 12.06mg

Nutrients (% of daily need)

Calories: 460.34kcal (23.02%), Fat: 28.11g (43.25%), Saturated Fat: 7.17g (44.83%), Carbohydrates: 14.4g (4.8%), Net Carbohydrates: 12.83g (4.67%), Sugar: 3.23g (3.58%), Cholesterol: 55.85mg (18.62%), Sodium: 338.8mg (14.73%), Alcohol: 9.27g (100%), Alcohol %: 3.39% (100%), Protein: 20.57g (41.14%), Vitamin C: 113.87mg (138.02%), Vitamin B12: 7.69µg (128.14%), Selenium: 21.61µg (30.87%), Phosphorus: 186.13mg (18.61%), Iron: 3.27mg (18.19%), Manganese: 0.35mg (17.39%), Vitamin E: 2.52mg (16.78%), Vitamin B6: 0.24mg (11.96%), Vitamin A: 560.19IU (11.2%), Vitamin K: 10.44µg (9.94%), Magnesium: 36.88mg (9.22%), Potassium: 318.88mg (9.11%), Folate: 30.56µg (7.64%),

Copper: 0.13mg (6.74%), Fiber: 1.57g (6.26%), Calcium: 61.79mg (6.18%), Vitamin B3: 0.97mg (4.83%), Zinc: 0.69mg (4.63%), Vitamin B2: 0.07mg (4.37%), Vitamin B1: 0.06mg (4.2%), Vitamin B5: 0.32mg (3.2%)