



Steamed Clams with Bacon, Tomato, and Spinach

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups baby spinach packed
- ☐ 0.5 lb bacon sliced chopped
- ☐ 36 hard-shelled clams scrubbed well
- ☐ 4 servings accompaniment: crusty bread
- ☐ 2 garlic cloves finely chopped
- ☐ 1 medium onion chopped
- ☐ 0.5 teaspoon pepper flakes dried red hot

☐ 2.5 lb tomatoes chopped

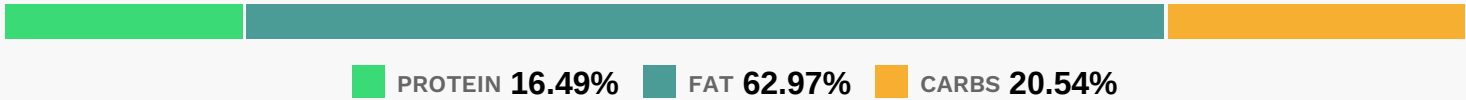
Equipment

☐ pot

Directions

- ☐ Cook bacon in a 5- to 6-quart heavy pot over moderate heat, stirring occasionally, until beginning to brown, about 5 minutes.
- ☐ Add onion, garlic, and red pepper flakes and cook, stirring occasionally, until onion is golden, about 6 minutes.
- ☐ Add tomatoes and cook, stirring occasionally, until they begin to break down and sauce thickens slightly, about 8 minutes.
- ☐ Increase heat to moderately high, then add clams and bring to a boil, covered. Cook, covered, stirring occasionally, until clams just open wide, about 6 minutes (discard clams that do not open after 10 minutes). Stir in spinach and cook until wilted, about 1 minute. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:58.63, Glycemic Load:4.32, Inflammation Score:-10, Nutrition Score:27.005652230719%

Flavonoids

Naringenin: 1.93mg, Naringenin: 1.93mg, Naringenin: 1.93mg, Naringenin: 1.93mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 2.35mg, Kaempferol: 2.35mg, Kaempferol: 2.35mg, Kaempferol: 2.35mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 8.44mg, Quercetin: 8.44mg, Quercetin: 8.44mg, Quercetin: 8.44mg

Nutrients (% of daily need)

Calories: 327.28kcal (16.36%), Fat: 23.46g (36.1%), Saturated Fat: 7.7g (48.1%), Carbohydrates: 17.23g (5.74%), Net Carbohydrates: 12.56g (4.57%), Sugar: 8.83g (9.81%), Cholesterol: 43.09mg (14.36%), Sodium: 435.28mg (18.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.83g (27.65%), Vitamin K: 167.74µg (159.75%), Vitamin A: 5327.1IU (106.54%), Vitamin C: 49.77mg (60.33%), Vitamin B12: 2.42µg (40.32%), Manganese: 0.68mg (34.23%),

Potassium: 1012.45mg (28.93%), Folate: 108.24µg (27.06%), Selenium: 18.17µg (25.95%), Vitamin B6: 0.5mg (24.8%), Vitamin B3: 4.37mg (21.84%), Phosphorus: 213.88mg (21.39%), Vitamin B1: 0.31mg (20.73%), Fiber: 4.67g (18.68%), Vitamin E: 2.62mg (17.44%), Magnesium: 69.1mg (17.27%), Copper: 0.26mg (12.97%), Iron: 2.28mg (12.68%), Vitamin B2: 0.18mg (10.57%), Zinc: 1.49mg (9.94%), Calcium: 78.64mg (7.86%), Vitamin B5: 0.66mg (6.63%), Vitamin D: 0.23µg (1.51%)