



# Steamed Clams with Chorizo and Fresh Corn



Dairy Free

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READY IN

ready

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75 min.

SERVINGS

servings

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4

CALORIES

calories

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569 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 Loaf bread french sliced
- ☐ 0.5 pound chorizo sliced
- ☐ 40 small clams
- ☐ 1 cup cooking wine dry white
- ☐ 1 cup corn kernels fresh
- ☐ 1 tablespoon garlic finely chopped
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion spanish finely chopped

- ☐ 0.3 cup parsley coarsely chopped
- ☐ 4 servings salt and pepper freshly ground

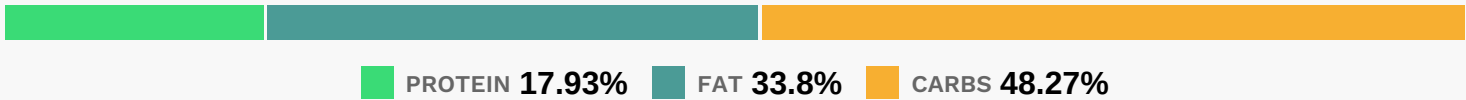
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot

## Directions

- ☐ Heat the oil in a medium stockpot over mediumhigh heat.
- ☐ Add the chorizo and saute until golden brown on both sides.
- ☐ Remove the chorizo and place on a plate lined with paper towels.
- ☐ Drain all but 2 tablespoons of fat from the pan and return to the heat.
- ☐ Add the onions and garlic and cook until soft.
- ☐ Add the white wine and reduce by half.
- ☐ Add the corn and the clams, season with salt and pepper, and continue cooking until the clams just open.
- ☐ Remove the pan from the heat and add the parsley.
- ☐ Serve in bowls with slices of bread.

## Nutrition Facts



## Properties

Glycemic Index:59.88, Glycemic Load:41.01, Inflammation Score:-8, Nutrition Score:20.935651820639%

## Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg

Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg

Nutrients (% of daily need)

Calories: 569.25kcal (28.46%), Fat: 19.76g (30.4%), Saturated Fat: 6.23g (38.96%), Carbohydrates: 63.49g (21.16%), Net Carbohydrates: 60.06g (21.84%), Sugar: 8.37g (9.29%), Cholesterol: 39.49mg (13.16%), Sodium: 815.66mg (35.46%), Alcohol: 6.18g (100%), Alcohol %: 2.64% (100%), Protein: 23.58g (47.16%), Vitamin K: 64.8µg (61.71%), Vitamin B1: 0.79mg (52.51%), Selenium: 33.4µg (47.71%), Folate: 149.06µg (37.26%), Manganese: 0.73mg (36.53%), Iron: 5.9mg (32.8%), Vitamin B3: 5.66mg (28.3%), Vitamin B2: 0.47mg (27.8%), Vitamin B12: 1.53µg (25.43%), Phosphorus: 185.83mg (18.58%), Magnesium: 58.36mg (14.59%), Fiber: 3.43g (13.72%), Vitamin A: 627.26IU (12.55%), Vitamin C: 9.56mg (11.58%), Vitamin B6: 0.22mg (11.21%), Copper: 0.2mg (10.03%), Zinc: 1.45mg (9.64%), Potassium: 321.76mg (9.19%), Calcium: 76.94mg (7.69%), Vitamin B5: 0.69mg (6.92%), Vitamin E: 0.86mg (5.77%)