



Steamed Clams with Chorizo and Tequila

READY IN



40 min.

SERVINGS



2

CALORIES



1344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup bottled clam juice
- ☐ 0.3 cup cilantro leaves fresh finely chopped
- ☐ 5 cloves garlic minced
- ☐ 2 pounds littleneck scrubbed
- ☐ 6 ounces pork chorizo raw
- ☐ 1 loaf sourdough bread
- ☐ 1 cup tequila
- ☐ 2 tablespoons butter unsalted ()
- ☐ 1 small onion white chopped

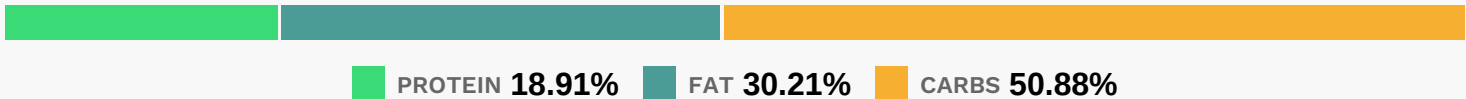
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ wooden spoon
- ☐ slotted spoon

Directions

- ☐ Heat a heavy, medium pot over medium heat.
- ☐ Add the chorizo, breaking up the large pieces with a wooden spoon.
- ☐ Saute until almost crisp, about 6 minutes. Using a slotted spoon, transfer the chorizo to paper towels to drain.
- ☐ Add the butter and onions and cook over medium-high heat until the onions are soft, about 5 minutes.
- ☐ Add the garlic and saute until fragrant, about 3 minutes longer.
- ☐ Add the tequila and clam juice and bring to a boil over medium-high heat, scraping up the browned bits at the bottom of the pan.
- ☐ Add the clams to the pot, cover and reduce the heat to medium. Cook until the clams open wide, 10 to 12 minutes (discard any clams that remain unopened). Return the chorizo to the pot and stir to combine. Divide between 2 bowls, sprinkle with the chopped cilantro and serve with the loaf of sourdough.

Nutrition Facts



Properties

Glycemic Index:105.75, Glycemic Load:92.7, Inflammation Score:-9, Nutrition Score:42.165652000386%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 8.29mg, Quercetin: 8.29mg, Quercetin: 8.29mg, Quercetin: 8.29mg

Nutrients (% of daily need)

Calories: 1344.07kcal (67.2%), Fat: 35.77g (55.03%), Saturated Fat: 15.23g (95.2%), Carbohydrates: 135.53g (45.18%), Net Carbohydrates: 129.38g (47.05%), Sugar: 14.99g (16.65%), Cholesterol: 111.75mg (37.25%), Sodium: 1776.76mg (77.25%), Alcohol: 40.08g (100%), Alcohol %: 7.85% (100%), Protein: 50.38g (100.75%), Selenium: 108.27µg (154.68%), Vitamin B1: 2.3mg (153.33%), Vitamin B12: 8.33µg (138.9%), Vitamin B3: 15.19mg (75.93%), Folate: 301.88µg (75.47%), Manganese: 1.48mg (74.14%), Vitamin B2: 1.24mg (72.67%), Iron: 11.13mg (61.82%), Phosphorus: 561.88mg (56.19%), Vitamin B6: 0.77mg (38.43%), Zinc: 4.86mg (32.41%), Magnesium: 112.18mg (28.04%), Copper: 0.51mg (25.62%), Fiber: 6.15g (24.59%), Potassium: 716.71mg (20.48%), Calcium: 189.64mg (18.96%), Vitamin A: 828.46IU (16.57%), Vitamin B5: 1.61mg (16.14%), Vitamin C: 10.5mg (12.73%), Vitamin E: 1.42mg (9.49%), Vitamin K: 9.17µg (8.73%), Vitamin D: 0.21µg (1.4%)