



Steamed Clams with Cilantro and Red Pepper

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



175 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.3 cups cilantro leaves fresh chopped
- ☐ 4 garlic cloves pressed
- ☐ 1.5 cups green onions thinly sliced
- ☐ 48 littleneck clams scrubbed
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 2 cups sake dry
- ☐ 5 tablespoons butter unsalted
- ☐ 1 teaspoon worcestershire sauce

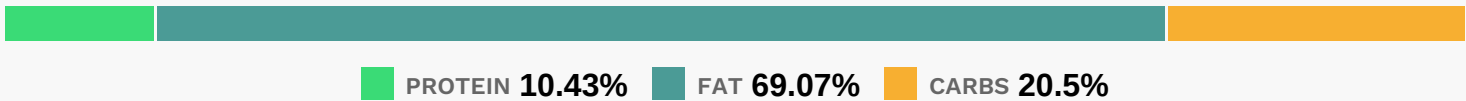
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Melt 4 tablespoons butter in large pot over medium heat.
- ☐ Add green onions and cook 3 minutes.
- ☐ Add 1 cup chopped fresh cilantro and next 4 ingredients. Increase heat to high; bring mixture to boil.
- ☐ Add clams; cover pot. Cook until clams open, shaking pot often, about 7 minutes. Using slotted spoon, transfer clams to 6 soup bowls (discard any clams that do not open). Boil remaining liquid over high heat until slightly thickened, about 1 minute.
- ☐ Whisk in remaining 1 tablespoon butter. Season with salt and pepper.
- ☐ Pour sauce over clams.
- ☐ Sprinkle with remaining 1/4 cup chopped cilantro and serve.

Nutrition Facts



Properties

Glycemic Index:20.17, Glycemic Load:0.74, Inflammation Score:-7, Nutrition Score:7.6686956830647%

Flavonoids

Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 175.08kcal (8.75%), Fat: 9.72g (14.96%), Saturated Fat: 6.04g (37.74%), Carbohydrates: 6.49g (2.16%), Net Carbohydrates: 5.65g (2.05%), Sugar: 0.75g (0.83%), Cholesterol: 30.12mg (10.04%), Sodium: 32.3mg (1.4%),

Alcohol: 7.6g (100%), Alcohol %: 6.88% (100%), Protein: 3.3g (6.61%), Vitamin K: 63.15µg (60.15%), Vitamin B12: 1.92µg (31.97%), Vitamin A: 866.52IU (17.33%), Selenium: 5.76µg (8.23%), Vitamin C: 6.36mg (7.7%), Manganese: 0.11mg (5.26%), Phosphorus: 51.07mg (5.11%), Folate: 19.44µg (4.86%), Iron: 0.82mg (4.55%), Vitamin E: 0.67mg (4.48%), Calcium: 34.83mg (3.48%), Fiber: 0.84g (3.37%), Potassium: 116.16mg (3.32%), Magnesium: 10.17mg (2.54%), Vitamin B6: 0.05mg (2.53%), Copper: 0.05mg (2.43%), Vitamin B2: 0.04mg (2.42%), Zinc: 0.24mg (1.62%), Vitamin B1: 0.02mg (1.61%), Vitamin B3: 0.27mg (1.36%), Vitamin D: 0.17µg (1.17%)