



Steamed Clams with Spicy Italian Sausage and Fennel

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



519 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounce bottled clam juice
- 1 large fennel bulb with fronds, bulb cored, sliced; fronds chopped (for garnish)
- 2 teaspoons fennel seeds with pestle crushed
- 2.3 pounds littleneck clams scrubbed
- 1 tablespoon olive oil
- 1.5 tablespoons oregano fresh chopped
- 1 bell pepper red cut into 2x1/3-inch strips

1 pound ground sausage italian crumbled

Equipment

bowl

frying pan

Directions

Heat oil in large deep skillet over high heat.

Add bell pepper, sliced fennel, Italian sausage, and fennel seeds, and sauté until sausage is brown and vegetables are just tender, about 10 minutes.

Add clam juice, and bring to boil.

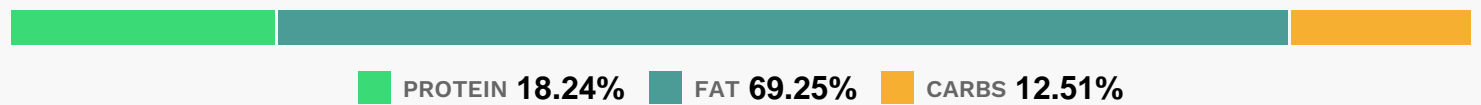
Add clams and oregano; reduce heat to medium-high, cover, and cook just until clams open, about 5 minutes. Season to taste with pepper. Divide among 4 bowls, discarding any unopened clams.

Sprinkle with chopped fennel fronds and serve.

One serving contains the following: Calories (kcal) 422.26; % Calories from Fat 46.4; Fat (g) 21.79; Saturated Fat (g) 6.23; Cholesterol (mg) 107.76; Carbohydrates (g) 14.51; Dietary Fiber (g) 2.78; Total Sugars (g) 1.30; Net Carbs (g) 11.73; Protein (g) 40.34

Bon Appétit

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:2.09, Inflammation Score:-10, Nutrition Score:25.586522019428%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 518.93kcal (25.95%), Fat: 39.96g (61.47%), Saturated Fat: 13.44g (84.01%), Carbohydrates: 16.24g (5.41%), Net Carbohydrates: 12.38g (4.5%), Sugar: 5.5g (6.11%), Cholesterol: 98.09mg (32.7%), Sodium: 1089.45mg (47.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.68g (47.36%), Vitamin B12: 5.53µg (92.23%), Vitamin C: 50.46mg (61.16%), Selenium: 41.02µg (58.6%), Vitamin K: 52.04µg (49.56%), Vitamin B1: 0.69mg (46.09%), Phosphorus: 290.48mg (29.05%), Vitamin B6: 0.52mg (25.85%), Vitamin A: 1246.66IU (24.93%), Vitamin B3: 4.77mg (23.84%), Manganese: 0.42mg (21.08%), Potassium: 701.18mg (20.03%), Iron: 3.52mg (19.53%), Zinc: 2.56mg (17.04%), Vitamin B2: 0.27mg (15.92%), Fiber: 3.86g (15.44%), Vitamin E: 1.99mg (13.25%), Folate: 49.52µg (12.38%), Magnesium: 48.68mg (12.17%), Calcium: 113.11mg (11.31%), Copper: 0.19mg (9.72%), Vitamin B5: 0.93mg (9.31%)