



## Steamed Clams with Thai Basil and Chiles



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



105 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon canola oil
- ☐ 0.3 cup wine dry white
- ☐ 1 tablespoon fish sauce
- ☐ 4 garlic clove chopped
- ☐ 3 pounds littleneck clams scrubbed
- ☐ 2 teaspoons oyster sauce
- ☐ 2 teaspoons serrano chiles minced

- ☐ 1 teaspoon sugar
- ☐ 1 cup thai basil fresh chopped

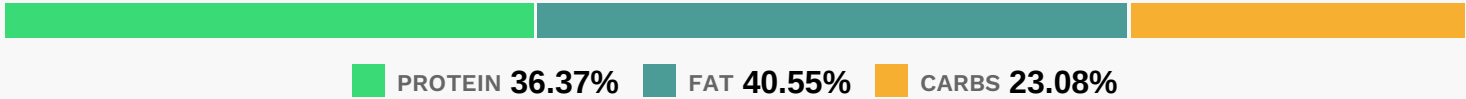
## Equipment

- ☐ frying pan
- ☐ slotted spoon

## Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add garlic; saut for 1 minute or until golden.
- ☐ Add chile; saut 10 seconds. Stir in wine and next 4 ingredients (through pepper). Bring to a boil.
- ☐ Add clams; cover and cook 7 minutes or until shells open.
- ☐ Add basil; cover and cook for 1 minute. Discard any unopened shells.
- ☐ Remove clams from pan with a slotted spoon.
- ☐ Serve with sauce.

## Nutrition Facts



## Properties

Glycemic Index:61.02, Glycemic Load:1.62, Inflammation Score:-5, Nutrition Score:10.011304269666%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

## Nutrients (% of daily need)

Calories: 104.98kcal (5.25%), Fat: 4.07g (6.26%), Saturated Fat: 0.36g (2.27%), Carbohydrates: 5.21g (1.74%), Net Carbohydrates: 4.94g (1.8%), Sugar: 1.44g (1.6%), Cholesterol: 15.31mg (5.1%), Sodium: 465.64mg (20.25%), Alcohol: 2.06g (100%), Alcohol %: 2.8% (100%), Protein: 8.21g (16.41%), Vitamin B12: 5.8µg (96.67%), Vitamin K: 28.16µg (26.82%), Selenium: 16.64µg (23.78%), Manganese: 0.23mg (11.58%), Phosphorus: 114.36mg (11.44%), Vitamin A: 481.13IU (9.62%), Vitamin E: 1.02mg (6.8%), Iron: 1.2mg (6.64%), Magnesium: 24.93mg (6.23%), Vitamin B6: 0.09mg (4.28%), Calcium: 41.87mg (4.19%), Copper: 0.07mg (3.56%), Vitamin C: 2.49mg (3.02%), Zinc: 0.38mg (2.57%), Potassium: 88.38mg (2.53%), Folate: 9.94µg (2.48%), Vitamin B2: 0.04mg (2.29%), Vitamin B3: 0.44mg (2.21%), Vitamin B5: 0.13mg (1.26%), Vitamin B1: 0.02mg (1.22%), Fiber: 0.27g (1.07%)