



## Steamed Clams with White Wine and Tomatoes

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



175 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 inch diagonally bread baguette french cut
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 1.5 cups cooking wine dry white
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 1 teaspoon thyme leaves fresh chopped

- ☐ 3 pounds littleneck clams in shells scrubbed
- ☐ 0.5 cup lower-sodium chicken broth fat-free
- ☐ 1 teaspoon olive oil
- ☐ 0.5 cup prechopped onion
- ☐ 1 teaspoon oregano fresh chopped

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ broiler
- ☐ microwave
- ☐ dutch oven

## Directions

- ☐ Preheat broiler.
- ☐ Arrange the baguette slices on a baking sheet. Broil 5 inches from heat 2 minutes or until toasted.
- ☐ Combine white wine and next 3 ingredients (through tomatoes) in a microwave-safe bowl. Microwave at HIGH 1 minute.
- ☐ Heat a Dutch oven over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add onion and next 3 ingredients (through thyme); saut 2 minutes.
- ☐ Add wine mixture to pan; bring to a boil. Stir in clams; cover and cook 5 minutes or until clams open. Discard any unopened shells. Top with parsley, and serve with toasted baguette.
- ☐ Sustainable Choice: Because they help filter the water in which they live, clams and other bivalves are a good sustainable choice.

## Nutrition Facts



Properties

Glycemic Index:69.92, Glycemic Load:3.74, Inflammation Score:-9, Nutrition Score:14.854782622793%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

Nutrients (% of daily need)

Calories: 175.3kcal (8.77%), Fat: 1.9g (2.92%), Saturated Fat: 0.31g (1.91%), Carbohydrates: 14.74g (4.91%), Net Carbohydrates: 12.05g (4.38%), Sugar: 6.34g (7.04%), Cholesterol: 15.31mg (5.1%), Sodium: 231.32mg (10.06%), Alcohol: 9.27g (100%), Alcohol %: 3.94% (100%), Protein: 10.22g (20.45%), Vitamin B12: 5.77µg (96.1%), Vitamin K: 26.37µg (25.11%), Selenium: 16.82µg (24.02%), Manganese: 0.43mg (21.45%), Phosphorus: 159.63mg (15.96%), Vitamin C: 13.08mg (15.86%), Iron: 2.85mg (15.81%), Potassium: 496.19mg (14.18%), Vitamin E: 1.88mg (12.55%), Vitamin B6: 0.24mg (11.9%), Copper: 0.24mg (11.88%), Magnesium: 44.66mg (11.16%), Fiber: 2.69g (10.78%), Vitamin A: 492.38IU (9.85%), Vitamin B3: 1.67mg (8.36%), Calcium: 81.16mg (8.12%), Vitamin B1: 0.11mg (7.05%), Folate: 24.67µg (6.17%), Vitamin B2: 0.1mg (6.01%), Zinc: 0.73mg (4.85%), Vitamin B5: 0.45mg (4.49%)