



Steamed Littleneck Clams with Sweet Corn and Basil

READY IN



25 min.

SERVINGS



6

CALORIES



353 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 stalks celery thinly sliced
- 1 pinch pepper red crushed
- 1 loaf top french
- 4 ears corn fresh sliced
- 10 leaves basil fresh julienned
- 0.3 cup parsley fresh chopped
- 2 cloves garlic chopped
- 6 servings salt and ground pepper black

- 24 littleneck clams scrubbed
- 2 tablespoons olive oil extra-virgin
- 0.5 stick linguica sausage diced spanish
- 2 tablespoons butter unsalted
- 1 cup portuguese white wine dry white

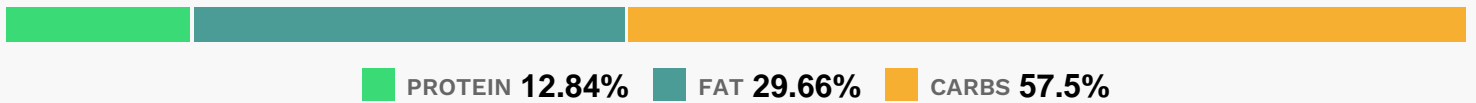
Equipment

- bowl
- frying pan

Directions

- Heat a large, deep skillet over medium heat and add the olive oil.
- Add the celery, garlic, chorizo and crushed red pepper and saute for 3 to 4 minutes.
- Add the clams and white wine, season with salt and pepper, cover and steam until the clams open, 3 to 6 minutes. Discard those that don't open.
- Stir in the butter, corn, parsley and basil.
- Transfer to large serving bowl.
- Serve with the bread.

Nutrition Facts



Properties

Glycemic Index:57.75, Glycemic Load:27.1, Inflammation Score:-7, Nutrition Score:16.158695520266%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 5.77mg, Apigenin: 5.77mg, Apigenin: 5.77mg, Apigenin: 5.77mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin:

0.39mg, Myricetin: 0.39mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 352.67kcal (17.63%), Fat: 11.04g (16.98%), Saturated Fat: 3.62g (22.65%), Carbohydrates: 48.14g (16.05%), Net Carbohydrates: 45.11g (16.41%), Sugar: 7.44g (8.26%), Cholesterol: 12.61mg (4.2%), Sodium: 430.74mg (18.73%), Alcohol: 4.12g (100%), Alcohol %: 2.58% (100%), Protein: 10.75g (21.49%), Vitamin K: 52.52µg (50.02%), Vitamin B1: 0.58mg (38.5%), Selenium: 22.29µg (31.85%), Folate: 117.38µg (29.34%), Manganese: 0.56mg (27.92%), Vitamin B3: 4.45mg (22.23%), Vitamin B2: 0.34mg (20.05%), Iron: 3.43mg (19.05%), Vitamin B12: 0.96µg (15.96%), Phosphorus: 155.32mg (15.53%), Magnesium: 52.93mg (13.23%), Fiber: 3.03g (12.11%), Vitamin A: 574.09IU (11.48%), Vitamin C: 8.28mg (10.04%), Potassium: 330.28mg (9.44%), Vitamin B6: 0.17mg (8.74%), Copper: 0.16mg (7.83%), Zinc: 1.13mg (7.54%), Vitamin B5: 0.74mg (7.41%), Vitamin E: 1.09mg (7.26%), Calcium: 56.48mg (5.65%)