



Stir-Fried Clams with Spicy Bean Sauce

 Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



196 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon black bean garlic sauce chinese
- 2 teaspoons ginger fresh peeled finely chopped
- 2 medium garlic clove finely chopped
- 1.5 pounds littleneck clams
- 0.3 cup chicken broth low-sodium
- 0.3 teaspoon pepper fresh red finely chopped
- 0.3 cup spring onion thinly sliced (from 3 medium scallions)
- 1 tablespoon shallots finely chopped

- 1 teaspoon soya sauce
- 2 tablespoons vegetable oil

Equipment

- bowl
- frying pan
- paper towels
- wok
- spatula
- colander

Directions

- Thoroughly soak the clams in several changes of cold water, discarding any open clams. Scrub the shells with a stiff brush to remove any grit, then rinse well.
- Drain the clams in a colander and pat dry with paper towels; set aside. Stir the clam juice or chicken broth, bean sauce, and soy sauce together in a small bowl; set aside.
- Heat a 14-inch flat-bottomed wok or large frying pan (not nonstick) over high heat until a bead of water dances when dropped in the pan, about 1 to 2 minutes.
- Drizzle the oil around the perimeter of the wok or pan and add the shallots, garlic, and ginger. Using a metal spatula, stir-fry until fragrant, about 15 seconds.
- Add the reserved clams and stir-fry for 1 minute.
- Add the red pepper flakes or chile and stir-fry until combined, about 30 seconds.
- Add the reserved bean sauce mixture, cover with a tightfitting lid, and cook for 4 minutes, stirring once every minute. Uncover and stir-fry until the clams are fully open, about 1 minute more.
- Transfer the opened clams to a serving dish and continue stir-frying, transferring the clams to the dish as they open, until the bean sauce mixture is reduced to a saucy consistency. Discard any unopened clams.
- Add the scallions, stir to combine, and pour the sauce over the clams.

Nutrition Facts



■ PROTEIN 19.81% ■ FAT 66.2% ■ CARBS 13.99%

Properties

Glycemic Index:74.5, Glycemic Load:1.23, Inflammation Score:-4, Nutrition Score:11.421739334645%

Flavonoids

Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 196.08kcal (9.8%), Fat: 14.63g (22.52%), Saturated Fat: 2.26g (14.11%), Carbohydrates: 6.96g (2.32%), Net Carbohydrates: 5.84g (2.12%), Sugar: 1.71g (1.9%), Cholesterol: 15.31mg (5.1%), Sodium: 215.65mg (9.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.85g (19.7%), Vitamin B12: 5.81µg (96.76%), Vitamin K: 51.34µg (48.9%), Selenium: 16.26µg (23.24%), Phosphorus: 130.38mg (13.04%), Vitamin E: 1.63mg (10.89%), Iron: 1.49mg (8.26%), Manganese: 0.15mg (7.6%), Vitamin A: 352.31IU (7.05%), Vitamin B3: 0.98mg (4.88%), Vitamin C: 3.79mg (4.59%), Fiber: 1.12g (4.48%), Vitamin B6: 0.09mg (4.28%), Magnesium: 16.82mg (4.21%), Copper: 0.08mg (4.1%), Potassium: 140.07mg (4%), Calcium: 39.5mg (3.95%), Folate: 13.17µg (3.29%), Vitamin B2: 0.05mg (3.18%), Zinc: 0.43mg (2.89%), Vitamin B1: 0.03mg (1.76%), Vitamin B5: 0.13mg (1.35%)