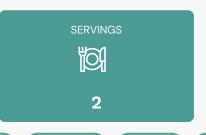


Stir-Fried Clams with Spicy Bean Sauce

Dairy Free







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
O.3 cup chicken broth low-sodium
O.3 teaspoon pepper fresh red finely chopped
O.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	
Di	rections	
	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

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, 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: Og (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%)