



Sunday Supper: Clam and Chorizo Stew



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound chorizo sausage cut chopped
- ☐ 4 servings kosher salt black
- ☐ 4 pounds littleneck clams scrubbed
- ☐ 1 onion finely chopped
- ☐ 2 tomatoes chopped

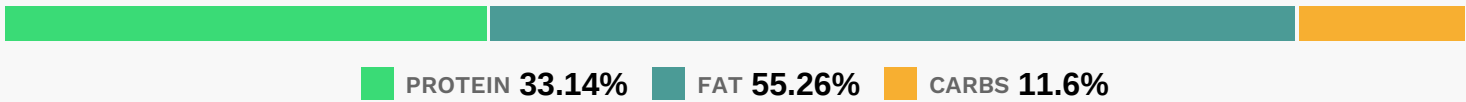
Equipment

- ☐ frying pan

Directions

- ☐ Heat a large skillet over medium high heat, add chorizo, and cook until chorizo is crisp.
- ☐ Add chopped onions to remaining oil and cook, stirring occasionally, until onions are soft, about 8 minutes.
- ☐ Add tomatoes and cook until they begin to fall apart, about 4 minutes.
- ☐ Add clams and reserved chorizo to pan; cover with lid tightly and cook until clams open, about 10 minutes.
- ☐ Remove lid and discard any unopened clams. Season to taste with kosher salt and cracked black pepper.
- ☐ Serve immediately with a crusty loaf of bread and crisp cold beer.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:1.85, Inflammation Score:-7, Nutrition Score:12.686521794485%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg

Nutrients (% of daily need)

Calories: 263.44kcal (13.17%), Fat: 15.66g (24.09%), Saturated Fat: 9.3g (58.1%), Carbohydrates: 7.39g (2.46%), Net Carbohydrates: 6.18g (2.25%), Sugar: 2.78g (3.09%), Cholesterol: 100.41mg (33.47%), Sodium: 237.2mg (10.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.13g (42.26%), Vitamin B12: 7.69µg (128.14%), Vitamin C: 31.03mg (37.61%), Selenium: 20.96µg (29.94%), Vitamin A: 1288.39IU (25.77%), Phosphorus: 157.45mg (15.75%), Iron: 2.56mg (14.24%), Manganese: 0.16mg (8.2%), Potassium: 217.24mg (6.21%), Calcium: 61.99mg (6.2%), Magnesium: 22.45mg (5.61%), Vitamin E: 0.8mg (5.34%), Vitamin K: 5.1µg (4.86%), Fiber: 1.21g (4.82%), Folate: 17.85µg (4.46%), Vitamin B6: 0.09mg (4.45%), Copper: 0.08mg (4.16%), Zinc: 0.5mg (3.33%), Vitamin B3: 0.64mg (3.18%), Vitamin B1: 0.05mg (3.04%), Vitamin B2: 0.05mg (2.73%), Vitamin B5: 0.19mg (1.89%)