

Clams Oreganata

Yield: 8 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-stuffed-clams-italian-style>

Ingredients:

- 2 garlic cloves minced
- 1/4 cup extra-virgin olive oil
- 4 plum tomatoes canned whole, drained, seeded, and coarsely chopped
- 2 tablespoons fresh oregano minced
- 3 pounds hard shelled clams very small, 1-inch, such as Manila clams or cockles, scrubbed well
- 1/2 cup bread crumbs toasted
- 1 teaspoon lemon zest finely grated fresh

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 60 milligrams
4. Fat: 9 grams
5. Fiber: 1 grams
6. Protein: 23 grams
7. SaturatedFat: 1 grams
8. Sodium: 140 milligrams
9. Sugar: 1 grams

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