

Whelks in Tomato Sauce

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/whelk-recipe-chinese>

Ingredients:

- 1 1/8 pounds whelks
- 1 red onion
- 2 garlic cloves
- 1 tomato large ripe, peeled
- 1 tablespoon tomato concentrate
- 1/2 bunch fresh coriander
- 1 tablespoon garlic flavors
- 2 capers
- white wine to taste
- water to taste
- salt to taste
- pepper to taste
- mustard seeds to taste
- Tabasco to taste

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 100 milligrams
4. Fat: 2 grams
5. Fiber: 3 grams
6. Protein: 25 grams
7. Sodium: 1110 milligrams
8. Sugar: 3 grams

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