PORTUGUESE · SNACK

Amêijoas à Bulhão Pato (Portuguese Garlic Clams)

Amêijoas à Bulhão Pato

20 min · Serves 6 · 324 kcal a serve · Video 5:28 in Portuguese · Continente

Pescatarian · Gluten-free ingredients · Nut-free

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15 g protein and 4 g net carbs a starter portion of clams in garlic, olive oil and coriander — very rich in vitamin B12 and rich in selenium; most of the energy comes from the olive-oil sauce.

Diet notes: Keto (4 g net carbs a serve).

Ingredients 6 · SERVES 6

- [ ] 2 kg **fresh clams** (amêijoas) in the shell
- [ ] 10 tbsp **olive oil**
- [ ] 6 **garlic** cloves, crushed
- [ ] 2 tbsp **butter**
- [ ] 3 tbsp chopped **fresh coriander**
- [ ] **lemon wedges**, to serve (optional)

Contains: Molluscs, Milk. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat a generous 10 tbsp olive oil in a wide pot with the 6 crushed garlic cloves and let the garlic sizzle until golden. 1:12
2. Add the clams, cover the pot and turn the heat down low. Cook slowly so the clams open gently and the meat stays in the shells. 1:45
3. When the clams have opened, add the butter and the chopped coriander, toss very gently, cover again and cook for about 3 minutes. 2:39
4. Serve straight away with all the sauce spooned over and lemon wedges on the side. 3:17

> **Tip** Serves 6 as a starter (as the chef says). In Portugal the garlicky sauce is mopped up with toasted bread. Before cooking, soak the clams in salted water to release any sand and throw away any that stay open.

The method is a summary in our words, in English — the video (in Portuguese) shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
324 kcal	15 g	4.2 g	0.1 g	27 g	700 mg
1,360 kJ	30% of a day	4 g net · 0.1 g sugars	0% of a day	5.6 g saturated	31% of a day
		2% of a day		35% of a day	

Energy from net carbs 5% · protein 19% · fat 76% — fits keto: 4 g net carbs, 76% of the energy from fat

High in (20%+ of a day) Vitamin B12 2407% · Selenium 69% · Vitamin E 23% · Omega-3 23%

Source of (10–19%) Vitamin C 17% · Vitamin K 17% · Zinc 15% · Vitamin A 15% · Iron 10%

Recipe and video: Continente (@continenteoficial) on YouTube — youtube.com/watch?v=ykUAjv9nBo8, published 30 June 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/ameijoas-a-bulhao-pato