



Baked Clams

READY IN



45 min.

SERVINGS



8

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 bacon
- ☐ 1 ounce bread french
- ☐ 0.5 cup wine dry white
- ☐ 1.5 teaspoons thyme sprigs fresh chopped
- ☐ 32 littleneck clams scrubbed
- ☐ 2 teaspoons shallots minced
- ☐ 1.5 tablespoons butter unsalted divided

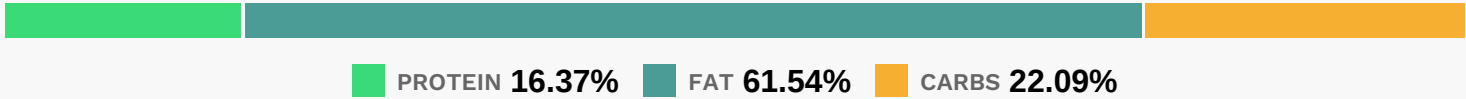
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sieve
- ☐ broiler
- ☐ cheesecloth

Directions

- ☐ Bring wine to a boil in a large skillet over medium-high heat.
- ☐ Add clams; cover and cook 4 minutes or until shells open.
- ☐ Remove clams from pan, reserving cooking liquid. Discard any unopened shells. Strain cooking liquid through a cheesecloth-lined sieve into a medium bowl. Cool clams. Discard top shells.
- ☐ Place clams, still in bottom shell halves, in a single layer on a baking sheet.
- ☐ Return reserved cooking liquid to pan; bring to a boil over medium-high heat. Cook until reduced to 3/4 cup (about 3 minutes).
- ☐ Remove from heat; remove 6 tablespoons cooking liquid from pan, and reserve for another use.
- ☐ Add 1 1/2 teaspoons butter to cooking liquid in pan; stir until butter melts. Spoon about 1/2 teaspoon cooking liquid back into each clam shell.
- ☐ Preheat broiler.
- ☐ Place bread in a food processor; pulse 10 times or until fine crumbs measure about 1/2 cup. Cook bacon in a small skillet over medium heat until crisp.
- ☐ Remove bacon from pan; finely chop.
- ☐ Add shallots to drippings in pan; saut 30 seconds.
- ☐ Add 1 tablespoon butter to pan, stirring until melted.
- ☐ Remove pan from heat; stir in breadcrumbs and bacon. Divide breadcrumb mixture evenly among clam shell halves, pressing mixture gently into shells. Broil 1 minute or until golden brown.
- ☐ Sprinkle with thyme.

Nutrition Facts



Properties

Glycemic Index:24.69, Glycemic Load:1.6, Inflammation Score:-4, Nutrition Score:2.0900000281956%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 60.19kcal (3.01%), Fat: 3.39g (5.22%), Saturated Fat: 1.75g (10.94%), Carbohydrates: 2.74g (0.91%), Net Carbohydrates: 2.6g (0.94%), Sugar: 0.35g (0.39%), Cholesterol: 9.98mg (3.33%), Sodium: 45.37mg (1.97%), Alcohol: 1.54g (100%), Alcohol %: 5.9% (100%), Protein: 2.03g (4.06%), Vitamin B12: 0.97µg (16.12%), Selenium: 4.18µg (5.98%), Phosphorus: 28.34mg (2.83%), Manganese: 0.05mg (2.58%), Vitamin B1: 0.04mg (2.36%), Iron: 0.4mg (2.21%), Vitamin A: 109.65IU (2.19%), Vitamin B3: 0.34mg (1.68%), Vitamin B2: 0.03mg (1.51%), Folate: 5.35µg (1.34%), Magnesium: 5.32mg (1.33%), Vitamin B6: 0.02mg (1.13%)