



Baked Stuffed Clams

READY IN



60 min.

SERVINGS



24

CALORIES



119 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 cups breadcrumbs fresh
- 4 tablespoons butter
- 6 ounce crabmeat drained canned
- 13 ounce clams with juice reserved minced drained canned
- 2 tablespoons flat parsley italian chopped
- 2 cloves garlic minced
- 24 servings lemon pepper to taste
- 2 optional: lemon quartered
- 2 tablespoons olive oil

- 24 servings paprika to taste
- 24 shells
- 0.3 cup onion sweet minced

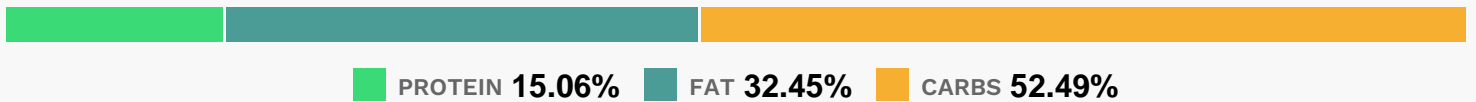
Equipment

- frying pan
- baking sheet
- oven

Directions

- Preheat oven to 400 degrees F (205 degrees C).
- In a large frying pan, melt butter with olive oil over medium heat. Stir in onion, and cook until translucent. Stir in clams, crab meat, parsley, lemon pepper, and bread crumbs. Reduce heat to low, and slowly pour in clam juice until mixture is slightly sticky, but not wet. The bread crumbs will continue to absorb moisture, so be careful not to add too much clam juice.
- Fill each clean clam shell with mixture, pressing tightly into shell. Arrange on a baking sheet, and sprinkle lightly with paprika. (Stuffed shells may be covered and frozen at this point for later use.)
- Bake in the preheated oven for 20 minutes, or until golden brown and sizzling. If frozen, bake at 350 degrees F (175 degrees C) for 30 minutes, or until warmed through.
- Serve warm on a platter with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:10.56, Glycemic Load:0.57, Inflammation Score:-7, Nutrition Score:7.1300000418787%

Flavonoids

Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.18mg

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 119.24kcal (5.96%), Fat: 4.4g (6.76%), Saturated Fat: 1.65g (10.29%), Carbohydrates: 16g (5.33%), Net Carbohydrates: 14.15g (5.15%), Sugar: 1.67g (1.85%), Cholesterol: 12.58mg (4.19%), Sodium: 189.96mg (8.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.59g (9.18%), Vitamin A: 1081.09IU (21.62%), Selenium: 9.15µg (13.07%), Vitamin B1: 0.19mg (12.59%), Manganese: 0.23mg (11.75%), Vitamin B12: 0.56µg (9.39%), Vitamin K: 9.33µg (8.88%), Iron: 1.48mg (8.21%), Vitamin B3: 1.63mg (8.17%), Fiber: 1.85g (7.39%), Vitamin C: 5.62mg (6.82%), Vitamin E: 0.98mg (6.56%), Folate: 26.12µg (6.53%), Copper: 0.13mg (6.44%), Vitamin B2: 0.11mg (6.41%), Phosphorus: 62.2mg (6.22%), Calcium: 49.68mg (4.97%), Vitamin B6: 0.09mg (4.52%), Zinc: 0.66mg (4.41%), Magnesium: 16.14mg (4.03%), Potassium: 121.68mg (3.48%), Vitamin B5: 0.25mg (2.53%)