



Baked Stuffed Clams

 Popular

READY IN



65 min.

SERVINGS



3

CALORIES



470 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10 large quahog clams rinsed
- ☐ 3 tablespoons onion minced
- ☐ 0.5 cup butter (1 stick)
- ☐ 2 tablespoons parsley dried fresh chopped (or 2 teaspoons)
- ☐ 1 clove garlic minced
- ☐ 1 tablespoon juice of lemon
- ☐ 1 cup breadcrumbs
- ☐ 1 tablespoon bottled clam juice (or cooking liquid from steaming the clams)

- ☐ 3 servings salt and pepper freshly ground to taste
- ☐ 0.3 cup parmesan cheese grated

Equipment

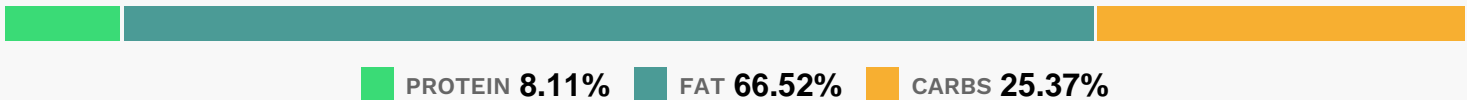
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Cook the clams: Fill a large pot with 1 1/2 to 2 inches of water. Bring water to a boil.
- ☐ Add the clams to the boiling water. Reduce the heat to a simmer and let the clams steam for approximately 6–10 minutes, until the shells open.
- ☐ Remove clams from the pot and let cool enough to handle. Discard any clams that have not opened (if they haven't opened it means they were dead to begin with and should not be eaten).
- ☐ Remove the clam meat from the clams (not the clam foot which is attached to the shell) and mince finely.
- ☐ Pick the best clam shells for serving: Break apart the clam shells from their hinges. Rinse. Pick 10–12 of the cleanest, nicest looking clam shells and set aside.
- ☐ Make the stuffing: Preheat oven to 350°F. In a sauté pan, melt the butter on medium heat and add the minced onion. Once the onions have softened (2–3 minutes), add the garlic.
- ☐ Cook the garlic for 1 minute, then add the parsley, bread crumbs, minced clams, lemon juice, and clam juice.
- ☐ Stir until the stuffing mixture is completely moistened. (If too dry, add a bit more butter or clam juice; if too wet, add a bit more bread crumbs.
- ☐ Stuff clam shells with stuffing, sprinkle with Parmesan, bake:
- ☐ Lay clam shells on a baking dish. Scoop a little stuffing mixture onto each clam shell.
- ☐ Sprinkle with grated Parmesan.
- ☐ Bake at 350°F for approximately 20–25 minutes, until Parmesan is lightly browned on top.

- ☐ Cook a few strips of bacon until fat renders but not brown or crispy, chop and mix in with the stuffing.
- ☐ Use crumbled up Ritz crackers for the breadcrumbs.
- ☐ Put a little piece of cheddar cheese underneath the clam mixture in each clam, that way you get a little melted cheese with each bite!
- ☐ Save your biggest, prettiest clam shells to use for future stuffed clam dishes. To clean, just rinse them off and run them through the dishwasher with your dishes.

Nutrition Facts



Properties

Glycemic Index:44.67, Glycemic Load:0.41, Inflammation Score:-8, Nutrition Score:12.133913093287%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 60.05mg, Apigenin: 60.05mg, Apigenin: 60.05mg, Apigenin: 60.05mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 4.92mg, Isorhamnetin: 4.92mg, Isorhamnetin: 4.92mg, Isorhamnetin: 4.92mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 470kcal (23.5%), Fat: 35.13g (54.05%), Saturated Fat: 21.22g (132.6%), Carbohydrates: 30.15g (10.05%), Net Carbohydrates: 27.95g (10.16%), Sugar: 3.08g (3.42%), Cholesterol: 91.59mg (30.53%), Sodium: 876.5mg (38.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.64g (19.28%), Manganese: 0.51mg (25.48%), Vitamin B1: 0.37mg (24.35%), Vitamin B12: 1.43µg (23.9%), Selenium: 15.83µg (22.62%), Vitamin K: 23.37µg (22.26%), Vitamin A: 1081.33IU (21.63%), Calcium: 172.65mg (17.27%), Phosphorus: 152.3mg (15.23%), Vitamin B2: 0.23mg (13.39%), Vitamin B3: 2.61mg (13.06%), Iron: 2.29mg (12.73%), Folate: 46.38µg (11.59%), Fiber: 2.2g (8.81%), Vitamin E: 1.15mg (7.68%), Zinc: 1.08mg (7.17%), Magnesium: 28.19mg (7.05%), Copper: 0.12mg (6.01%), Vitamin C: 4.9mg (5.94%), Vitamin B6: 0.09mg (4.71%), Potassium: 163.53mg (4.67%), Vitamin B5: 0.33mg (3.25%)