



Beer-Steamed Clams and Mussels

READY IN



20 min.

SERVINGS



6

CALORIES



390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 2 garlic cloves thinly sliced
- 1 cup pale ale
- 6 lemon wedges
- 2 pounds littleneck clams in shells fresh (18)
- 1 tablespoon olive oil
- 1 cup shallots sliced
- 1 pound mussels in shells scrubbed (30)
- 5 sprigs thyme leaves

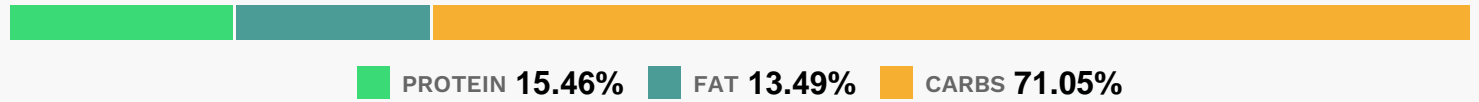
Equipment

- bowl
- pot
- dutch oven

Directions

- In a large pot or Dutch oven, heat butter and oil over medium heat.
- Add shallots, thyme, and garlic; cook until shallots begin to soften, about 3 minutes.
- Add beer, and bring to a simmer.
- Add clams and mussels; return to a gentle simmer.
- Cover pot with a lid, and reduce heat to medium-low. Cook until shells open, about 10 minutes. Discard unopened shells.
- Serve with lemon wedges and a bowl for the shells.

Nutrition Facts



Properties

Glycemic Index:48.33, Glycemic Load:25.52, Inflammation Score:-8, Nutrition Score:15.046086907387%

Flavonoids

Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg

Nutrients (% of daily need)

Calories: 390.19kcal (19.51%), Fat: 5.7g (8.77%), Saturated Fat: 1.79g (11.2%), Carbohydrates: 67.49g (22.5%), Net Carbohydrates: 63.17g (22.97%), Sugar: 5.58g (6.2%), Cholesterol: 11.82mg (3.94%), Sodium: 39.2mg (1.7%), Alcohol:

1.53g (100%), Alcohol %: 0.96% (100%), Protein: 14.69g (29.37%), Selenium: 55.66µg (79.52%), Manganese: 0.87mg (43.36%), Vitamin B12: 2.57µg (42.91%), Phosphorus: 222.81mg (22.28%), Vitamin C: 14.34mg (17.38%), Fiber: 4.32g (17.29%), Vitamin B6: 0.29mg (14.68%), Magnesium: 58.09mg (14.52%), Copper: 0.28mg (14.07%), Iron: 2.12mg (11.75%), Potassium: 355.85mg (10.17%), Zinc: 1.38mg (9.22%), Vitamin B3: 1.69mg (8.43%), Folate: 32.96µg (8.24%), Vitamin B1: 0.11mg (7.12%), Vitamin B5: 0.54mg (5.36%), Calcium: 51.33mg (5.13%), Vitamin B2: 0.08mg (4.8%), Vitamin E: 0.67mg (4.47%), Vitamin A: 171.57IU (3.43%), Vitamin K: 2.02µg (1.93%)