



Beer-Steamed Soft-Shell Clams

 Gluten Free

READY IN



130 min.

SERVINGS



8

CALORIES



255 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 ounces beer such as pale ale room temperature
- ☐ 8 servings butter
- ☐ 2 pounds clams
- ☐ 2 tablespoons garlic minced
- ☐ 1 tablespoon kosher salt
- ☐ 1 optional: lemon thinly sliced
- ☐ 2 cups fries
- ☐ 1 cup water (100° to 110°)

☐ 0.3 cup cornmeal yellow

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ baking pan
- ☐ roasting pan
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Soak wood chips in water for 1 hour; drain.
- ☐ Place clams in sink, and cover with cool water. Rinse clams well, rubbing together to dislodge grit, and drain. Repeat until water is clear.
- ☐ Drain clams.
- ☐ Place in a large bowl, and cover clams with cold water. Stir in cornmeal and salt. Refrigerate and soak for 30 minutes.
- ☐ Preheat grill to medium-high heat.
- ☐ Remove grill rack; set aside. Pierce the bottom of a disposable aluminum foil pan several times with the tip of a knife.
- ☐ Place pan directly on heat element on bottom of grill; add wood chips to pan.
- ☐ Place grill rack on grill. Arrange clams in a grill-safe roasting pan, large shallow baking pan, or sturdy disposable foil pan.
- ☐ Pour beer and 1 cup warm water over clams; arrange garlic and lemon over clams.
- ☐ Place pan on grill; cover grill, and cook 15 minutes. Stir clams. Cover grill, and cook 5 minutes or until clams open. Discard any unopened shells.
- ☐ Sustainable Choice: Lobsters & Steamers. Lobsters trapped off waters near the Northeast U.S. and Canada are smart options, as are wild-caught or farmed soft-shell clams.

Nutrition Facts

 **PROTEIN 8.56%**  **FAT 48.67%**  **CARBS 42.77%**

Properties

Glycemic Index:38.23, Glycemic Load:13.83, Inflammation Score:-4, Nutrition Score:7.2913042786329%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 254.88kcal (12.74%), Fat: 13.5g (20.77%), Saturated Fat: 5.37g (33.53%), Carbohydrates: 26.7g (8.9%), Net Carbohydrates: 23g (8.36%), Sugar: 0.46g (0.52%), Cholesterol: 15.85mg (5.28%), Sodium: 1207.61mg (52.5%), Alcohol: 1.66g (100%), Alcohol %: 1.18% (100%), Protein: 5.34g (10.68%), Vitamin B12: 1.94µg (32.32%), Fiber: 3.7g (14.82%), Vitamin C: 11.51mg (13.95%), Manganese: 0.23mg (11.72%), Phosphorus: 106.5mg (10.65%), Vitamin B6: 0.2mg (10.13%), Selenium: 6.54µg (9.35%), Potassium: 323mg (9.23%), Vitamin B3: 1.8mg (8.98%), Iron: 1.39mg (7.7%), Magnesium: 25.52mg (6.38%), Vitamin B1: 0.08mg (5.2%), Folate: 20.36µg (5.09%), Vitamin B5: 0.44mg (4.44%), Vitamin A: 179.13IU (3.58%), Zinc: 0.53mg (3.55%), Copper: 0.06mg (3.12%), Vitamin B2: 0.05mg (2.85%), Calcium: 23.81mg (2.38%), Vitamin E: 0.28mg (1.85%)