



Broiled Clams with Herb Butter

READY IN



45 min.

SERVINGS



6

CALORIES



404 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup saltine cracker crumbs (15 saltine crackers)
- ☐ 1 egg yolk
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 teaspoon hot sauce
- ☐ 36 large littleneck clams
- ☐ 0.3 cup parsley chopped
- ☐ 0.3 teaspoon pepper freshly ground

- ☐ 0.3 teaspoon salt
- ☐ 1.3 cups butter unsalted softened

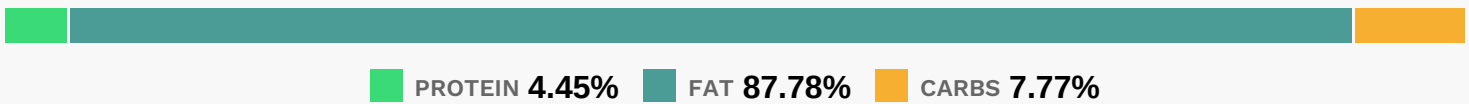
Equipment

- ☐ hand mixer
- ☐ wax paper

Directions

- ☐ Beat butter at high speed with an electric mixer until fluffy.
- ☐ Add cracker crumbs, egg yolk, and garlic, beating until blended. Stir in parsley and next 5 ingredients.
- ☐ Place butter mixture on wax paper, and roll into a log 1 1/2-inches in diameter. Chill until firm.
- ☐ Open clams, and discard top shell. Loosen meat from bottom shell, and rinse in cold water.
- ☐ Cut butter into 1/8-inch-thick slices, and place 1 slice on each clam.
- ☐ Broil 5 inches from heat 5 minutes or until golden brown.
- ☐ NOTE: Any remaining butter can be wrapped and stored in the freezer or refrigerator. Because of the risk of salmonella in the raw yolk, butter must be cooked in a heated recipe and not used as a cold spread.

Nutrition Facts



Properties

Glycemic Index:35.17, Glycemic Load:0.32, Inflammation Score:-9, Nutrition Score:9.7499998911567%

Flavonoids

Apigenin: 7.21mg, Apigenin: 7.21mg, Apigenin: 7.21mg, Apigenin: 7.21mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 404.3kcal (20.21%), Fat: 40.14g (61.75%), Saturated Fat: 24.77g (154.81%), Carbohydrates: 7.99g (2.66%), Net Carbohydrates: 7.43g (2.7%), Sugar: 0.2g (0.23%), Cholesterol: 139.48mg (46.49%), Sodium: 202.45mg (8.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.57g (9.15%), Vitamin K: 61.47µg (58.54%), Vitamin B12: 2.18µg (36.35%), Vitamin A: 1637.93IU (32.76%), Selenium: 8.65µg (12.35%), Vitamin E: 1.43mg (9.5%), Vitamin C: 6.87mg (8.33%), Iron: 1.31mg (7.26%), Phosphorus: 71.99mg (7.2%), Manganese: 0.14mg (6.94%), Folate: 24.58µg (6.14%), Vitamin D: 0.87µg (5.81%), Vitamin B2: 0.09mg (5.41%), Vitamin B1: 0.08mg (5.12%), Vitamin B3: 0.72mg (3.6%), Calcium: 35.03mg (3.5%), Magnesium: 10.55mg (2.64%), Vitamin B5: 0.23mg (2.34%), Copper: 0.05mg (2.33%), Fiber: 0.56g (2.25%), Zinc: 0.33mg (2.2%), Potassium: 66.62mg (1.9%), Vitamin B6: 0.04mg (1.78%)