



Clam-Ups

READY IN



20 min.

SERVINGS



9

CALORIES



145 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 9 slices bread
- 5 tablespoons butter divided
- 6.5 ounces clams minced canned
- 3.5 teaspoons flour all-purpose
- 0.3 teaspoon garlic powder
- 0.5 teaspoon horseradish prepared
- 2 tablespoons onion diced
- 9 servings paprika
- 0.3 teaspoon worcestershire sauce

Equipment

- frying pan
- baking sheet
- oven
- rolling pin

Directions

- Drain clams, reserving juice; set aside. In a small skillet, saute onion in 1 tablespoon butter until tender. Stir in flour until blended. Gradually add the horseradish, garlic powder, Worcestershire sauce, salt and reserved clam juice. Bring to a boil; cook and stir for 2 minutes or until thickened.
- Remove from heat; stir in clams.
- Flatten bread with a rolling pin. Melt remaining butter; brush one side of each slice of bread.
- Spread with clam mixture; roll up.
- Brush with remaining butter; sprinkle with paprika.
- Cut rolls into thirds; place on a greased baking sheet.
- Bake at 425° for 5–8 minutes or until lightly browned.
- Serve warm.

Nutrition Facts



PROTEIN 10.57% **FAT 47.82%** **CARBS 41.61%**

Properties

Glycemic Index:32.52, Glycemic Load:7.72, Inflammation Score:-7, Nutrition Score:6.4195652383825%

Flavonoids

Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 145.03kcal (7.25%), Fat: 7.88g (12.12%), Saturated Fat: 4.24g (26.53%), Carbohydrates: 15.42g (5.14%), Net Carbohydrates: 13.53g (4.92%), Sugar: 1.95g (2.17%), Cholesterol: 17.64mg (5.88%), Sodium: 189.02mg (8.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.84%), Vitamin A: 1189.4IU (23.79%), Manganese: 0.38mg (18.88%), Selenium: 9.51µg (13.59%), Vitamin B3: 1.83mg (9.16%), Vitamin B1: 0.13mg (8.68%), Iron: 1.54mg (8.54%), Fiber: 1.89g (7.57%), Folate: 27.22µg (6.81%), Vitamin B2: 0.1mg (6.11%), Vitamin B12: 0.36µg (6%), Vitamin E: 0.84mg (5.59%), Phosphorus: 52.36mg (5.24%), Calcium: 43.67mg (4.37%), Magnesium: 16.33mg (4.08%), Vitamin B6: 0.08mg (3.95%), Vitamin K: 3.55µg (3.38%), Copper: 0.06mg (3.01%), Vitamin B5: 0.3mg (3%), Zinc: 0.41mg (2.77%), Potassium: 95.45mg (2.73%)