



Clambake in Your Kitchen



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



822 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups chicken broth dry white
- ☐ 1 pound steamer clams scrubbed
- ☐ 3 to 4 ears corn sweet husked halved
- ☐ 24 littleneck clams scrubbed
- ☐ 3 pound lobsters
- ☐ 2 pounds mussels cleaned
- ☐ 0.3 cup olive oil
- ☐ 0.5 teaspoon pepper

- ☐ 1.5 pounds polish sausage sliced
- ☐ 0.5 pound new redskin potatoes
- ☐ 1 tablespoon salt
- ☐ 1.5 pounds shrimp
- ☐ 1 cup onion yellow chopped

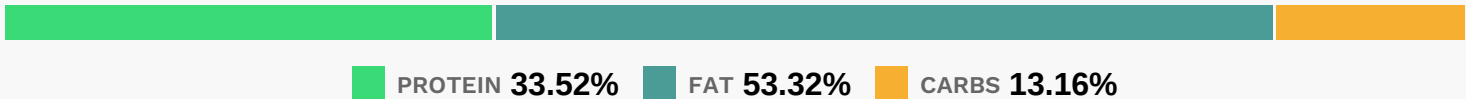
Equipment

- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Saut onion in oil in a heavy 16-quart stockpot until golden.
- ☐ Add remaining ingredients to pot in order given; cover tightly.
- ☐ Simmer over medium-high heat for 15 minutes, just until steam begins to escape; add corn. Lower heat to medium; simmer an additional 15 minutes.
- ☐ Lobsters should be cooked, potatoes and corn tender and shellfish open.
- ☐ Use a slotted spoon to arrange everything on a platter; top with lobsters cut into serving-size pieces. Season hot broth to taste.

Nutrition Facts



Properties

Glycemic Index:48.29, Glycemic Load:7.85, Inflammation Score:-7, Nutrition Score:38.449999995854%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.48mg,

Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg

Nutrients (% of daily need)

Calories: 822.31kcal (41.12%), Fat: 45.21g (69.56%), Saturated Fat: 13.72g (85.75%), Carbohydrates: 25.09g (8.36%), Net Carbohydrates: 22.87g (8.32%), Sugar: 5.01g (5.57%), Cholesterol: 370.11mg (123.37%), Sodium: 2805.56mg (121.98%), Alcohol: 8.24g (100%), Alcohol %: 1.77% (100%), Protein: 63.95g (127.9%), Vitamin B12: 13.39µg (223.15%), Manganese: 3.05mg (152.53%), Selenium: 101.65µg (145.22%), Copper: 1.57mg (78.34%), Phosphorus: 774.12mg (77.41%), Vitamin B1: 0.82mg (54.98%), Zinc: 7.75mg (51.65%), Potassium: 1329.88mg (38%), Vitamin B3: 7.53mg (37.66%), Iron: 6.63mg (36.84%), Magnesium: 145.99mg (36.5%), Vitamin B6: 0.55mg (27.39%), Vitamin C: 19.78mg (23.98%), Vitamin B2: 0.4mg (23.7%), Vitamin B5: 2.35mg (23.51%), Calcium: 187.59mg (18.76%), Folate: 72.83µg (18.21%), Vitamin E: 2.45mg (16.33%), Fiber: 2.23g (8.91%), Vitamin K: 7.09µg (6.75%), Vitamin A: 271.49IU (5.43%)