



Clams Casino with Compound Butter

READY IN



40 min.

SERVINGS



24

CALORIES



231 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup breadcrumbs
- 5 slices bacon cooked chopped
- 2 cloves garlic minced
- 24 littleneck clams
- 2 tablespoons olive oil plus more for drizzling
- 1 bell pepper diced red
- 1 small onion diced red
- 2 sticks butter unsalted at room temperature
- 24 servings white wine

1 bell pepper diced yellow

Equipment

frying pan

baking sheet

broiler

Directions

In a skillet over medium heat, saute the garlic, onion and peppers in the olive oil until the vegetables are softened.

Let cool completely.

Combine the pepper mixture with the butter and mix well to combine.

Preheat the broiler.

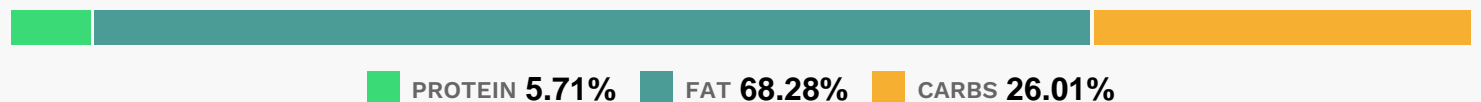
Open the clams and place on a baking sheet. Top each clam with a dollop of compound butter, some bacon and breadcrumbs. (You may not use all of the butter.)

Drizzle with olive oil and white wine.

Broil until the breadcrumbs turn golden brown.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:5.46, Glycemic Load:0.77, Inflammation Score:-6, Nutrition Score:4.493043433065%

Flavonoids

Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg,

Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 230.59kcal (11.53%), Fat: 9.68g (14.89%), Saturated Fat: 5.26g (32.89%), Carbohydrates: 8.29g (2.76%), Net Carbohydrates: 7.86g (2.86%), Sugar: 2.1g (2.33%), Cholesterol: 22.53mg (7.51%), Sodium: 71.05mg (3.09%), Alcohol: 15.14g (100%), Alcohol %: 10.63% (100%), Protein: 1.82g (3.64%), Vitamin C: 15.86mg (19.23%), Manganese: 0.24mg (11.87%), Vitamin A: 407.52IU (8.15%), Vitamin B6: 0.12mg (5.99%), Phosphorus: 50.96mg (5.1%), Magnesium: 19.45mg (4.86%), Vitamin B12: 0.29µg (4.79%), Vitamin B1: 0.07mg (4.51%), Potassium: 153.41mg (4.38%), Selenium: 2.94µg (4.2%), Iron: 0.73mg (4.06%), Vitamin B3: 0.74mg (3.72%), Vitamin E: 0.49mg (3.27%), Vitamin B2: 0.06mg (3.24%), Folate: 11.12µg (2.78%), Calcium: 27.14mg (2.71%), Vitamin K: 2.52µg (2.4%), Zinc: 0.34mg (2.29%), Fiber: 0.43g (1.74%), Vitamin B5: 0.15mg (1.54%), Copper: 0.03mg (1.52%)