



Clams Grilled in a Foil Pouch

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup wine dry white
- 1 Leaves flat parsley coarsely chopped
- 18 littleneck clams scrubbed
- 2 plum tomatoes diced seeded
- 1 pinch pepper red
- 1 shallots thinly sliced
- 1 tablespoon butter unsalted

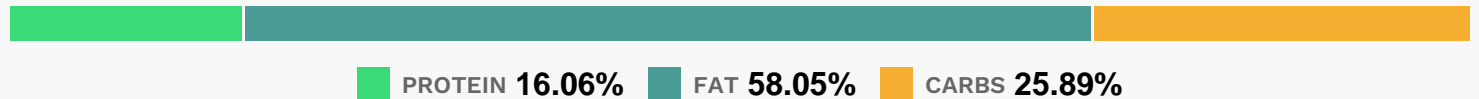
Equipment

- grill
- aluminum foil

Directions

- Stack two 2 1/2-foot-long pieces of heavy-duty aluminum foil. In the center, heap 18 littleneck clams, scrubbed; 2 diced seeded plum tomatoes; 1 shallot, thinly sliced; and the leaves from a few sprigs of flat-leaf parsley and oregano sprigs, coarsely chopped. If desired, add a pinch of red pepper flakes. Top with 1 tablespoon unsalted butter (optional). Fold up the sides of the foil to form a pouch.
- Pour 1/4 cup dry white wine over the clam mixture, and roll the top edges over several times to seal tightly, leaving plenty of room for the clams to steam.
- Place the pouch on the hot grill and cook for 12 to 15 minutes, until the shells have opened.
- Serve immediately with grilled crusty bread.
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Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:0.72, Inflammation Score:-4, Nutrition Score:3.2682608664036%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 55.76kcal (2.79%), Fat: 3g (4.62%), Saturated Fat: 1.83g (11.41%), Carbohydrates: 3.01g (1%), Net Carbohydrates: 2.42g (0.88%), Sugar: 1.46g (1.62%), Cholesterol: 10.36mg (3.45%), Sodium: 9.28mg (0.4%), Alcohol:

1.54g (100%), Alcohol %: 2.99% (100%), Protein: 1.87g (3.74%), Vitamin B12: 1.07µg (17.9%), Vitamin A: 402.77IU (8.06%), Vitamin K: 6.95µg (6.62%), Vitamin C: 5.08mg (6.16%), Selenium: 3.02µg (4.32%), Manganese: 0.08mg (4.01%), Phosphorus: 33.66mg (3.37%), Potassium: 112.05mg (3.2%), Vitamin B6: 0.06mg (2.78%), Fiber: 0.59g (2.36%), Vitamin E: 0.33mg (2.18%), Iron: 0.37mg (2.07%), Magnesium: 8.25mg (2.06%), Folate: 7.89µg (1.97%), Copper: 0.03mg (1.53%), Vitamin B3: 0.25mg (1.27%), Vitamin B1: 0.02mg (1.19%), Calcium: 11.72mg (1.17%), Zinc: 0.15mg (1.01%)