



## Clams in Lemon Butter Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



785 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup butter cut into pieces
- 1.5 cups chablis wine dry white
- 3 tablespoons cornmeal
- 2 tablespoons parsley fresh minced
- 2 cloves garlic minced
- 2 tablespoons green onions minced
- 0.3 teaspoon ground pepper white
- 0.3 cup juice of lemon fresh

- 2 teaspoons lemon rind, grated
- 4 pounds littleneck clams
- 1 cup onion, chopped
- 0.3 teaspoon salt
- 2 tablespoons shallots, chopped

## Equipment

- bowl
- sauce pan
- whisk
- sieve
- dutch oven

## Directions

- Scrub clams thoroughly, discarding any that are cracked or open.
- Place clams in a large bowl; cover with cold water, and sprinkle with cornmeal.
- Let stand 30 minutes.
- Drain and rinse clams; set aside. Discard cornmeal.
- Combine clams, chopped onion, shallots, and wine in a large Dutch oven. Bring to a boil; cover, reduce heat, and simmer 6 minutes or until most clams are open.
- Remove clams to a serving bowl as they open; keep warm. Discard any unopened clams. Bring remaining liquid to a boil; cook over high heat until reduced to 1 cup.
- Pour liquid through a sieve.
- Pour strained liquid into a medium saucepan.
- Bring liquid to a boil; reduce heat to simmer. Stir in lemon rind, lemon juice, and garlic.
- Remove from heat; add butter and remaining ingredients. Stir with a whisk until butter melts.
- Pour sauce over clams.
- Serve immediately.

## Nutrition Facts

PROTEIN 14.27% FAT 65.37% CARBS 20.36%

## Properties

Glycemic Index:155.75, Glycemic Load:11.02, Inflammation Score:-9, Nutrition Score:25.057391166687%

## Flavonoids

Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 5.13mg, Hesperetin: 5.13mg, Hesperetin: 5.13mg, Hesperetin: 5.13mg Naringenin: 1.1mg, Naringenin: 1.1mg, Naringenin: 1.1mg, Naringenin: 1.1mg Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg Quercetin: 17.13mg, Quercetin: 17.13mg, Quercetin: 17.13mg, Quercetin: 17.13mg

## Nutrients (% of daily need)

Calories: 784.54kcal (39.23%), Fat: 48.45g (74.53%), Saturated Fat: 29.64g (185.25%), Carbohydrates: 33.94g (11.31%), Net Carbohydrates: 30.13g (10.96%), Sugar: 7.23g (8.03%), Cholesterol: 162.84mg (54.28%), Sodium: 749.94mg (32.61%), Alcohol: 18.54g (100%), Alcohol %: 4.48% (100%), Protein: 23.8g (47.6%), Vitamin B12: 15.47µg (257.89%), Vitamin K: 83.47µg (79.49%), Selenium: 44.33µg (63.32%), Vitamin A: 2228.3IU (44.57%), Phosphorus: 390.65mg (39.07%), Vitamin C: 28.54mg (34.59%), Manganese: 0.64mg (31.81%), Iron: 3.9mg (21.69%), Magnesium: 77.45mg (19.36%), Vitamin B6: 0.39mg (19.32%), Vitamin E: 2.43mg (16.22%), Fiber: 3.81g (15.24%), Potassium: 488.12mg (13.95%), Calcium: 126.51mg (12.65%), Folate: 50.4µg (12.6%), Zinc: 1.73mg (11.51%), Vitamin B1: 0.14mg (9.42%), Copper: 0.18mg (9.24%), Vitamin B2: 0.16mg (9.22%), Vitamin B3: 1.32mg (6.59%), Vitamin B5: 0.65mg (6.46%)