



Clams in Lemon White Sauce

READY IN



45 min.

SERVINGS



2

CALORIES



556 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups chablis wine dry white
- ☐ 3 tablespoons cornmeal
- ☐ 2 tablespoons flour all-purpose
- ☐ 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 milk 1% low-fat
- ☐ 2 tablespoons butter reduced-calorie
- ☐ 1 cup onion chopped
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons shallots chopped

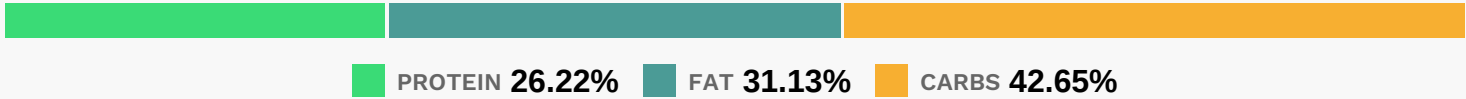
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ 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, and set aside.
- ☐ Melt margarine in a heavy saucepan over low heat; add flour, stirring until smooth. Cook 1 minute, stirring constantly. Gradually add milk, reserved 1 cup of clam liquid, lemon rind, lemon juice, and garlic. Cook over medium heat, stirring constantly, until mixture is thickened and bubbly.
- ☐ Remove from heat; stir in parsley, green onions, salt, and pepper.
- ☐ Pour sauce over clams.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:168.25, Glycemic Load:15.15, Inflammation Score:-9, Nutrition Score:28.103478182917%

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 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: 556.35kcal (27.82%), Fat: 14.89g (22.9%), Saturated Fat: 3.49g (21.82%), Carbohydrates: 45.88g (15.29%), Net Carbohydrates: 41.87g (15.22%), Sugar: 13.07g (14.52%), Cholesterol: 46.72mg (15.57%), Sodium: 563.23mg (24.49%), Alcohol: 18.54g (100%), Alcohol %: 3.87% (100%), Protein: 28.21g (56.42%), Vitamin B12: 16.11µg (268.51%), Vitamin K: 79.63µg (75.84%), Selenium: 48.78µg (69.68%), Phosphorus: 509.89mg (50.99%), Vitamin C: 28.57mg (34.63%), Manganese: 0.69mg (34.54%), Vitamin A: 1542.17IU (30.84%), Calcium: 266.9mg (26.69%), Iron: 4.24mg (23.56%), Magnesium: 92.55mg (23.14%), Vitamin B6: 0.46mg (23.01%), Vitamin B2: 0.34mg (20.29%), Potassium: 676.03mg (19.32%), Vitamin B1: 0.27mg (17.74%), Folate: 64.92µg (16.23%), Fiber: 4.01g (16.05%), Zinc: 2.24mg (14.9%), Vitamin B5: 1.05mg (10.54%), Vitamin E: 1.58mg (10.53%), Copper: 0.2mg (9.84%), Vitamin B3: 1.87mg (9.37%), Vitamin D: 1.3µg (8.65%)