



Down at the Shore Clam Boil

READY IN



45 min.

SERVINGS



6

CALORIES



927 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 6 servings butter melted
- ☐ 4 pounds steamer clams scrubbed
- ☐ 0.5 cup cornmeal
- ☐ 6 ears corn sweet cut into 4 pieces each
- ☐ 6 servings baguette french sliced
- ☐ 2 garlic heads peeled halved
- ☐ 1 teaspoon kosher salt
- ☐ 1 pound new potatoes scrubbed

- ☐ 0.3 cup old bay seasoning
- ☐ 4 onions
- ☐ 2 pounds mild sausage cut into 3-inch links

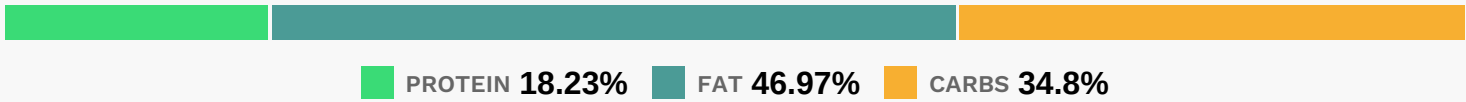
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Place clams in a large bowl. Discard broken shells or clams that won't close. Fill bowl with cold water to cover.
- ☐ Sprinkle cornmeal over clams, and stir.
- ☐ Let sit 3 to 6 hours to allow clams to purge sand from their shells.
- ☐ Remove clams from water, and rinse thoroughly. Set aside.
- ☐ Place a steamer insert into a large (16-quart) stockpot, and fill halfway with water.
- ☐ Add Old Bay, garlic, and onions, and bring to a boil over high heat. Reduce heat to simmer, and add potatoes and next 4 ingredients. (Make sure ingredients are completely submerged in water.)
- ☐ Cover and cook 10 to 12 minutes or until potatoes are tender.
- ☐ Add clams. Cover and cook 4 to 5 minutes or until clams open. Discard any that do not open.
- ☐ Spoon into serving bowls, including extra cooking liquid, if desired.
- ☐ Serve with French baguette, melted butter, and additional Old Bay.

Nutrition Facts



Properties

Glycemic Index:69.67, Glycemic Load:38.6, Inflammation Score:-8, Nutrition Score:35.967391573864%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 15.43mg, Quercetin: 15.43mg, Quercetin: 15.43mg, Quercetin: 15.43mg

Nutrients (% of daily need)

Calories: 926.63kcal (46.33%), Fat: 48.71g (74.94%), Saturated Fat: 16.88g (105.51%), Carbohydrates: 81.22g (27.07%), Net Carbohydrates: 73.56g (26.75%), Sugar: 12.64g (14.05%), Cholesterol: 133.22mg (44.41%), Sodium: 1824.73mg (79.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.53g (85.06%), Vitamin B12: 6.42µg (106.99%), Vitamin B1: 1.08mg (71.9%), Vitamin B3: 13.07mg (65.37%), Phosphorus: 536.78mg (53.68%), Vitamin B6: 1.06mg (52.89%), Manganese: 1.01mg (50.4%), Iron: 7.28mg (40.47%), Selenium: 27.22µg (38.89%), Folate: 144.81µg (36.2%), Zinc: 5.3mg (35.3%), Potassium: 1211.99mg (34.63%), Vitamin C: 28.16mg (34.13%), Magnesium: 125.59mg (31.4%), Vitamin B2: 0.52mg (30.72%), Fiber: 7.66g (30.64%), Vitamin K: 28.57µg (27.21%), Vitamin B5: 2.37mg (23.74%), Copper: 0.42mg (21.03%), Calcium: 159.52mg (15.95%), Vitamin D: 1.97µg (13.1%), Vitamin A: 622.79IU (12.46%), Vitamin E: 1.07mg (7.14%)