



Fried Clams and Oysters

READY IN



23 min.

SERVINGS



2

CALORIES



853 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups breadcrumbs italian-style
- ☐ 2 cups buttermilk
- ☐ 0.5 pound shucked clams
- ☐ 1.5 cups arrabiata sauce warmed homemade store bought (or)
- ☐ 1 optional: lemon cut in 1/2
- ☐ 2 servings olive oil for frying
- ☐ 0.3 teaspoon pepper flakes red (not arrabiata)
- ☐ 2 servings sea salt
- ☐ 0.5 pound shucked oysters

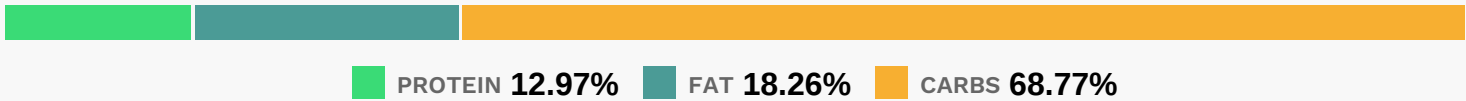
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ kitchen thermometer
- ☐ slotted spoon

Directions

- ☐ Watch how to make this recipe.
- ☐ Pour enough olive oil into a large, deep, heavy frying pan to reach a depth of 3 inches.
- ☐ Heat the oil over medium heat until a deep-fry thermometer registers 350 degrees F.
- ☐ While the oil is heating, put the buttermilk and the bread crumbs in separate shallow bowls. Working in batches, dip clams and oysters in buttermilk to coat completely. Allow the excess buttermilk to drip back in to the bowl. Dredge clams and oysters in the bread crumbs.
- ☐ Place the clams and oysters on a baking sheet, and continue.
- ☐ When the oil is hot, fry the clams and oysters in batches, about 3 minutes per batch. Using a slotted spoon, transfer the fried seafood to paper towels to drain.
- ☐ Immediately sprinkle the fried seafood with freshly squeezed lemon and sea salt.
- ☐ Serve with a bowl of warmed spicy marinara or arrabiata sauce for dipping.

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:4.69, Inflammation Score:-8, Nutrition Score:33.933477920035%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg,

Naringenin: 0.3mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 853.41kcal (42.67%), Fat: 17.2g (26.46%), Saturated Fat: 6.36g (39.74%), Carbohydrates: 145.74g (48.58%), Net Carbohydrates: 139.28g (50.65%), Sugar: 60.84g (67.59%), Cholesterol: 36.04mg (12.01%), Sodium: 3390.04mg (147.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.49g (54.99%), Vitamin B1: 1.18mg (78.93%), Vitamin B12: 4.4µg (73.27%), Selenium: 43.8µg (62.57%), Manganese: 1.07mg (53.55%), Vitamin B2: 0.88mg (51.66%), Calcium: 501.98mg (50.2%), Zinc: 7.06mg (47.1%), Phosphorus: 436.27mg (43.63%), Vitamin B3: 7.63mg (38.14%), Iron: 6.47mg (35.95%), Vitamin C: 28.62mg (34.69%), Copper: 0.69mg (34.57%), Folate: 135.21µg (33.8%), Fiber: 6.46g (25.84%), Vitamin D: 3.12µg (20.8%), Magnesium: 80.41mg (20.1%), Potassium: 640.66mg (18.3%), Vitamin B5: 1.66mg (16.63%), Vitamin B6: 0.27mg (13.54%), Vitamin A: 538.02IU (10.76%), Vitamin K: 9.95µg (9.47%), Vitamin E: 1.05mg (6.97%)