



Golden Gratinéed Shellfish

READY IN



45 min.

SERVINGS



8

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 7 ounces bread crumbs fresh white
- ☐ 1.5 tablespoons dijon mustard
- ☐ 0.5 cup cooking wine dry white
- ☐ 4 garlic cloves minced
- ☐ 36 littleneck clams
- ☐ 1.5 pounds mussels scrubbed
- ☐ 8 servings salt and pepper freshly ground
- ☐ 1 large shallots minced

- ☐ 36 shrimp shelled deveined
- ☐ 1.5 tablespoons thyme leaves chopped
- ☐ 7 tablespoons butter unsalted

Equipment

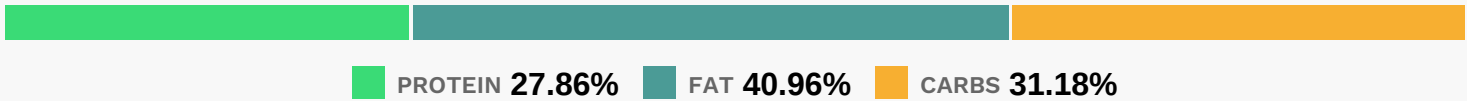
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat the oven to 50
- ☐ Melt the butter in a medium skillet.
- ☐ Add the garlic and shallot and cook over low heat until softened, 5 minutes.
- ☐ Transfer to a bowl and let cool. Stir in the mustard.
- ☐ Add the bread crumbs and thyme, season with salt and pepper and toss well.
- ☐ In a medium saucepan, bring the wine to a boil with the bay leaves.
- ☐ Add the mussels, cover and cook over high heat until they open, 1 to 2 minutes.
- ☐ Transfer to a bowl; strain the cooking liquid into a cup and add a pinch of salt. Set the mussels on the half shell on a baking sheet; discard the empty mussel shells.
- ☐ Set the clams on the half shell on a baking sheet. Put a shrimp in each of the empty clam shells and arrange on a baking sheet. Spoon teaspoon of the mussel liquid over each mussel, clam and shrimp to moisten them. Mound 2 teaspoons of the bread crumbs on the seafood in each shell.
- ☐ Position 2 sheets of shellfish on a rack in the upper third of the oven and bake for 5 minutes, or until browned. Repeat with the third sheet.
- ☐ Serve.
- ☐ Variation
- ☐ Spread the steamed mussels and raw clams and shrimp in a large gratin dish.

Sprinkle with the seasoned bread crumbs and bake at 500 until browned. Toss with cooked linguine, olive oil and some of the mussel liquid.

Nutrition Facts



Properties

Glycemic Index:28.63, Glycemic Load:1.29, Inflammation Score:-9, Nutrition Score:19.047826352327%

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: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 289.4kcal (14.47%), Fat: 12.67g (19.5%), Saturated Fat: 6.85g (42.84%), Carbohydrates: 21.7g (7.23%), Net Carbohydrates: 20.14g (7.32%), Sugar: 1.99g (2.21%), Cholesterol: 113.77mg (37.92%), Sodium: 592.05mg (25.74%), Alcohol: 1.54g (100%), Alcohol %: 1.23% (100%), Protein: 19.39g (38.78%), Vitamin B12: 6.38µg (106.34%), Manganese: 1.81mg (90.73%), Selenium: 29.92µg (42.74%), Phosphorus: 255.66mg (25.57%), Vitamin B1: 0.32mg (21.52%), Iron: 3.69mg (20.5%), Copper: 0.3mg (15.22%), Vitamin B2: 0.21mg (12.45%), Magnesium: 49.22mg (12.31%), Vitamin B3: 2.45mg (12.26%), Zinc: 1.81mg (12.05%), Folate: 47.69µg (11.92%), Calcium: 104.73mg (10.47%), Potassium: 352.99mg (10.09%), Vitamin A: 470.04IU (9.4%), Vitamin C: 6.31mg (7.65%), Fiber: 1.56g (6.24%), Vitamin B6: 0.1mg (4.84%), Vitamin B5: 0.42mg (4.2%), Vitamin E: 0.62mg (4.13%), Vitamin K: 2.71µg (2.58%), Vitamin D: 0.18µg (1.23%)