



## Grilled Andouille Sausage with Shrimp, Clams, Mussels and Garlic with Grilled Country Bread with Anchovy Butter

READY IN



90 min.

SERVINGS



4

CALORIES



1259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 anchovies dry in oil
- 1 pound andouille sausage cut into quarters and each quarter cut in 1/2 lengthwise
- 6 slices country bread (1/)
- 1 tablespoon anchovy butter
- 4 servings canola oil
- 1 cup bottled clam juice
- 15 clams scrubbed

- 2 cups cooking wine dry white
- 0.3 cup flat-leaf parsley fresh plus more for garnish coarsely chopped
- 8 sprigs thyme leaves fresh
- 4 cloves garlic thinly sliced
- 15 mussels scrubbed
- 4 servings salt and pepper black freshly ground
- 1 pound shrimp and deveined peeled (21 to 24 size)
- 1.5 sticks butter unsalted softened
- 2 tablespoons butter unsalted cold

## Equipment

- food processor
- bowl
- pot
- grill
- slotted spoon

## Directions

- Watch how to make this recipe.
- Combine the butter and anchovies in a food processor and process until smooth; season with salt and pepper.
- Grill the bread until lightly golden brown on both sides, about 20 seconds per side.
- Remove from the grill and slather some of the anchovy butter on 1 side.
- Cut each slice in half, while still hot.
- Heat the grill to high.
- Brush the sausage with oil and grill until golden brown on both sides and just cooked through.
- Remove to a platter.
- In a large bowl, toss the shrimp with oil, anchovy butter, and season with salt and pepper, to taste. Grill until slightly charred on both sides and just cooked through, about 1 1/2 minutes

per side.

- Remove to the platter with the sausage.
- Heat a few tablespoons of oil in a large stockpot on the grates of the grill or the side burner of the grill.
- Add the garlic and cook until lightly golden brown. Stir in the wine, clam juice and thyme, bring to a boil and cook until reduced by half.
- Add the clams and mussels, cover the pot and cook until all have opened, discarding any that have not opened.
- Remove with a slotted spoon to a large bowl.
- Add the sausage and shrimp to the broth and cook for 1 minute. Stir in the butter and parsley and cook for another minute. Season with salt and pepper, to taste. Return the clams and mussels to the pot and cook until just warmed through, about 1 minute.
- Serve in large bowls with the grilled bread.
- Garnish with more parsley.

## Nutrition Facts

    
 **PROTEIN 18.8%**  **FAT 69.58%**  **CARBS 11.62%**

## Properties

Glycemic Index:84.92, Glycemic Load:12.25, Inflammation Score:-10, Nutrition Score:38.083912973819%

## Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 8.13mg, Apigenin: 8.13mg, Apigenin: 8.13mg, Apigenin: 8.13mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 1258.72kcal (62.94%), Fat: 91.46g (140.71%), Saturated Fat: 38.85g (242.83%), Carbohydrates: 34.38g (11.46%), Net Carbohydrates: 31.97g (11.63%), Sugar: 6.85g (7.61%), Cholesterol: 408.31mg (136.1%), Sodium: 1605.69mg (69.81%), Alcohol: 12.36g (100%), Alcohol %: 2.76% (100%), Protein: 55.6g (111.2%), Vitamin B12: 5.82µg

(96.97%), Manganese: 1.86mg (92.98%), Selenium: 55.2µg (78.85%), Vitamin K: 77.99µg (74.27%), Phosphorus: 601.97mg (60.2%), Vitamin B3: 11.04mg (55.21%), Vitamin A: 1944.13IU (38.88%), Zinc: 5.72mg (38.13%), Vitamin B1: 0.55mg (36.51%), Copper: 0.69mg (34.42%), Vitamin E: 5.13mg (34.2%), Iron: 6.06mg (33.66%), Potassium: 1067.78mg (30.51%), Magnesium: 111.42mg (27.86%), Vitamin B2: 0.45mg (26.34%), Vitamin B6: 0.44mg (21.9%), Calcium: 202.5mg (20.25%), Vitamin C: 14.61mg (17.71%), Folate: 64.84µg (16.21%), Vitamin B5: 1.57mg (15.72%), Vitamin D: 2.33µg (15.52%), Fiber: 2.41g (9.63%)