



Grilled Clams with Herb Butter

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



145 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon flat-leaf parsley chopped
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 6 servings lemon wedges
- ☐ 24 littleneck clams scrubbed
- ☐ 1 tablespoon scallion chopped
- ☐ 0.5 cup butter unsalted room temperature (1 stick)

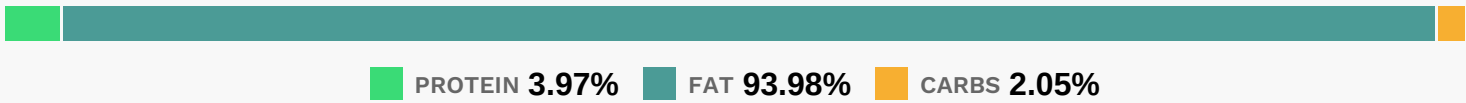
Equipment

- ☐ grill
- ☐ tongs

Directions

- ☐ Mix first 5 ingredients in a medium bowl until well blended. Season herb butter to taste with salt and pepper.
- ☐ Build a medium-hot fire in a charcoal grill, or heat a gas grill to high.
- ☐ Place clams on grill rack and cover grill with lid. Grill until clams just open, 6–8 minutes (discard any that do not open). Use tongs to transfer to a platter, being careful to keep as much juice in the shells as possible.
- ☐ Dot clams with herb butter; let stand until butter melts.
- ☐ Serve warm with lemon wedges alongside for squeezing over.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.13, Inflammation Score:-4, Nutrition Score:2.845652177282%

Flavonoids

Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 144.54kcal (7.23%), Fat: 15.44g (23.76%), Saturated Fat: 9.74g (60.86%), Carbohydrates: 0.76g (0.25%), Net Carbohydrates: 0.65g (0.24%), Sugar: 0.13g (0.14%), Cholesterol: 43.19mg (14.4%), Sodium: 7.42mg (0.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.93%), Vitamin B12: 0.98µg (16.36%), Vitamin K: 14.51µg (13.82%), Vitamin A: 570.12IU (11.4%), Selenium: 2.78µg (3.97%), Vitamin E: 0.51mg (3.42%), Vitamin C: 2.63mg

(3.19%), Phosphorus: 22.49mg (2.25%), Vitamin D: 0.28µg (1.89%), Manganese: 0.02mg (1.24%), Iron: 0.22mg (1.21%), Calcium: 10.45mg (1.04%)