



Grilled Clams with Lemon-Ginger Butter and Grilled Baguette

READY IN



35 min.

SERVINGS



2

CALORIES



289 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6.5 inch thick diagonal baguette
- ☐ 0.3 cup butter room temperature ()
- ☐ 0.5 teaspoon ginger fresh minced peeled
- ☐ 1 tablespoon parsley fresh minced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 pounds manila clams scrubbed
- ☐ 4 teaspoons shallots minced

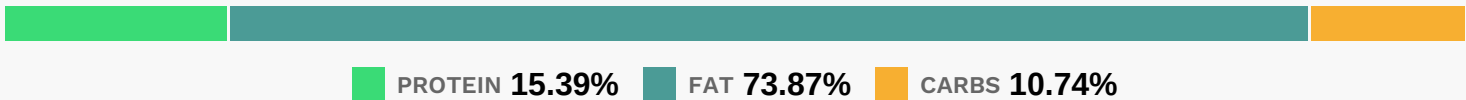
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ spatula
- ☐ slotted spoon

Directions

- ☐ Prepare barbecue (high heat). Using spatula, blend butter, minced shallot, minced fresh parsley, fresh lemon juice, minced fresh ginger, and finely grated lemon peel in small bowl; season to taste with salt and pepper. Thinly spread lemon-ginger butter on 1 side of each bread slice. Arrange clams in single layer in disposable aluminum pan.
- ☐ Place pan on grill, cover barbecue, and cook just until clams open, 8 to 10 minutes (discard any clams that do not open).
- ☐ Using slotted spoon, transfer grilled clams to 2 shallow bowls. Grill bread until slightly charred, 1 to 2 minutes per side.
- ☐ Add remaining lemon-ginger butter to juices in pan; stir on grill until melted.
- ☐ Pour juices from pan over clams.
- ☐ Serve with bread.
- ☐ Per serving: Calories (kcal) 476.6, % Calories from Fat 47.3, Fat (g) 25.0, Saturated Fat (g) 14.1, Cholesterol (mg) 105.6, Carbohydrates (g) 37.4, Dietary Fiber (g) 1.9, Total Sugars (g) 2.1, Protein (g) 22.7
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:112.88, Glycemic Load:3.58, Inflammation Score:-6, Nutrition Score:11.804782447608%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 288.99kcal (14.45%), Fat: 23.93g (36.82%), Saturated Fat: 14.76g (92.28%), Carbohydrates: 7.82g (2.61%), Net Carbohydrates: 7.42g (2.7%), Sugar: 0.93g (1.04%), Cholesterol: 81.42mg (27.14%), Sodium: 273.31mg (11.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.22g (22.44%), Vitamin B12: 7.74µg (128.94%), Vitamin K: 35.2µg (33.53%), Selenium: 22.58µg (32.26%), Vitamin A: 1082.3IU (21.65%), Phosphorus: 153.7mg (15.37%), Iron: 1.57mg (8.74%), Vitamin E: 1.17mg (7.83%), Vitamin C: 5.91mg (7.16%), Manganese: 0.11mg (5.65%), Folate: 19.04µg (4.76%), Calcium: 46.78mg (4.68%), Magnesium: 18.15mg (4.54%), Vitamin B1: 0.07mg (4.38%), Vitamin B2: 0.07mg (3.97%), Vitamin B3: 0.67mg (3.35%), Zinc: 0.48mg (3.2%), Copper: 0.05mg (2.74%), Potassium: 82.58mg (2.36%), Vitamin B5: 0.19mg (1.94%), Vitamin B6: 0.04mg (1.8%), Fiber: 0.4g (1.6%)