



Grilled Clams with Sambuca and Italian Sausage

READY IN



45 min.

SERVINGS



6

CALORIES



69 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1 ounce bread white
- ☐ 0.5 teaspoon butter
- ☐ 1 garlic minced
- ☐ 0.3 cup bell pepper green finely chopped
- ☐ 4 ounces turkey sausage italian hot ()
- ☐ 6 lemon wedges
- ☐ 36 littleneck clams cleaned

- ☐ 0.3 cup onion finely chopped
- ☐ 0.3 cup bell pepper red finely chopped
- ☐ 1 Dash salt
- ☐ 0.5 teaspoon worcestershire sauce
- ☐ 2 tablespoons frangelico (licorice-flavored liqueur)

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ grill

Directions

- ☐ Remove casings from sausage.
- ☐ Heat a large nonstick skillet over medium heat.
- ☐ Add sausage; cook until browned, stirring to crumble.
- ☐ Add onion, peppers, butter, and garlic to pan; cook 5 minutes, stirring frequently.
- ☐ Place bread in a food processor; pulse 5 times or until breadcrumbs form.
- ☐ Add breadcrumbs to sausage mixture; cook 3 minutes, stirring constantly.
- ☐ Pour Sambuca into one side of skillet. Ignite Sambuca with a long match, and let flames die down. Stir in the Worcestershire sauce, pepper, and salt.
- ☐ Prepare grill to high heat.
- ☐ Shuck clams; discard any broken shells or shells that remain open.
- ☐ Place 12 clam halves on shellfish grate; discard top halves of shells. Top each with about 1 teaspoon breadcrumb mixture.
- ☐ Place grate on grill. Cover and cook 4 minutes or until clam juice in shells boils.
- ☐ Remove clams from grate; keep warm. Repeat procedure with remaining clams and breadcrumbs.
- ☐ Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:48.69, Glycemic Load:1.91, Inflammation Score:0, Nutrition Score:6.7682608780654%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 68.61kcal (3.43%), Fat: 2.42g (3.72%), Saturated Fat: 0.93g (5.82%), Carbohydrates: 6.82g (2.27%), Net Carbohydrates: 5.59g (2.03%), Sugar: 2.07g (2.3%), Cholesterol: 14.69mg (4.9%), Sodium: 221.59mg (9.63%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 5.63g (11.26%), Vitamin C: 28.95mg (35.09%), Vitamin B12: 1.51µg (25.1%), Selenium: 9.6µg (13.72%), Iron: 2.4mg (13.32%), Phosphorus: 74.91mg (7.49%), Vitamin B6: 0.14mg (6.96%), Manganese: 0.12mg (6.09%), Vitamin A: 297.64IU (5.95%), Vitamin B3: 1.13mg (5.63%), Fiber: 1.23g (4.93%), Zinc: 0.57mg (3.8%), Vitamin B2: 0.06mg (3.73%), Vitamin B1: 0.05mg (3.55%), Potassium: 114.89mg (3.28%), Folate: 12.96µg (3.24%), Magnesium: 12.8mg (3.2%), Vitamin B5: 0.28mg (2.8%), Copper: 0.05mg (2.61%), Calcium: 23.79mg (2.38%), Vitamin E: 0.25mg (1.7%), Vitamin K: 1.16µg (1.1%)