



Grilled Clams with Sambuca and Italian Sausage

READY IN



45 min.

SERVINGS



6

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1 ounce sandwich bread white
- ☐ 0.5 teaspoon butter
- ☐ 1 garlic clove 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 pernod (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:51.38, Glycemic Load:2.36, Inflammation Score:-4, Nutrition Score:6.6821740451066%

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: 81.57kcal (4.08%), Fat: 2.38g (3.66%), Saturated Fat: 0.94g (5.86%), Carbohydrates: 6.9g (2.3%), Net Carbohydrates: 5.75g (2.09%), Sugar: 2.06g (2.28%), Cholesterol: 14.69mg (4.9%), Sodium: 221.83mg (9.64%), Alcohol: 1.89g (100%), Alcohol %: 3.01% (100%), Protein: 5.57g (11.14%), Vitamin C: 28.94mg (35.08%), Vitamin B12: 1.51µg (25.1%), Selenium: 9.34µg (13.34%), Iron: 2.39mg (13.27%), Phosphorus: 74.35mg (7.44%), Vitamin B6: 0.14mg (6.92%), Vitamin A: 297.59IU (5.95%), Vitamin B3: 1.09mg (5.44%), Manganese: 0.09mg (4.71%), Fiber: 1.15g (4.61%), Vitamin B1: 0.06mg (3.88%), Zinc: 0.56mg (3.76%), Vitamin B2: 0.06mg (3.71%), Folate: 14.18µg (3.55%), Potassium: 113.85mg (3.25%), Magnesium: 12.14mg (3.03%), Calcium: 27.85mg (2.78%), Vitamin B5: 0.27mg (2.67%), Copper: 0.05mg (2.6%), Vitamin E: 0.26mg (1.71%)