



Grilled Seafood Foil Packs with Lemon-Chive Butter

 Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



488 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter melted
- 32 large cherry tomatoes
- 32 clams (littlenecks or cherrystones)
- 4 ears corn fresh sweet cleaned cut into fourths
- 8 servings chives fresh chopped
- 2 lemon zest grated
- 2.5 lb scallops

1.3 lb shells frozen thawed uncooked

Equipment

bowl

grill

aluminum foil

Directions

Heat gas or charcoal grill.

Cut 8 (18x12-inch) sheets of heavy-duty foil; spray with cooking spray.

Place 4 clams, shrimp and scallops in center of each sheet; top each with 2 pieces of corn and 4 tomatoes. In small bowl, mix butter ingredients.

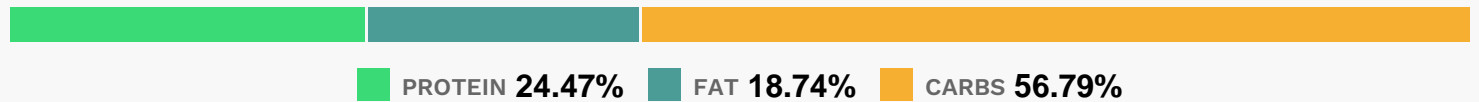
Drizzle about 2 teaspoons butter over seafood and vegetables in each packet.

Bring up 2 sides of foil so edges meet. Seal edges, making tight 1/2-inch fold; fold again, allowing space for heat circulation and expansion. Fold other sides to seal.

Place packets on grill over medium heat. Cover grill; cook 15 to 20 minutes, rotating packets 1/2 turn after 10 minutes, or until clam shells have opened, shrimp are pink, and scallops are white and opaque. (Cooking time may vary depending on ingredients selected) Discard any clams that don't open.

To serve, cut large X across top of each packet; carefully fold back foil to allow steam to escape. Top with chives.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:21.36, Inflammation Score:-8, Nutrition Score:21.438695803933%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.52mg,

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Nutrients (% of daily need)

Calories: 487.92kcal (24.4%), Fat: 10.15g (15.62%), Saturated Fat: 2.13g (13.32%), Carbohydrates: 69.24g (23.08%), Net Carbohydrates: 65.41g (23.79%), Sugar: 6.48g (7.2%), Cholesterol: 36.54mg (12.18%), Sodium: 668.15mg (29.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.83g (59.66%), Selenium: 66.14µg (94.48%), Phosphorus: 686.05mg (68.6%), Vitamin B12: 2.96µg (49.29%), Manganese: 0.83mg (41.48%), Vitamin C: 21.1mg (25.57%), Magnesium: 94.04mg (23.51%), Potassium: 731.57mg (20.9%), Zinc: 2.64mg (17.62%), Vitamin B3: 3.4mg (17.02%), Vitamin A: 828.73IU (16.57%), Folate: 64.94µg (16.23%), Copper: 0.32mg (16.01%), Fiber: 3.83g (15.31%), Vitamin B6: 0.31mg (15.27%), Iron: 2.32mg (12.89%), Vitamin B1: 0.17mg (11.45%), Vitamin B5: 1.05mg (10.49%), Vitamin B2: 0.11mg (6.63%), Vitamin E: 0.85mg (5.64%), Calcium: 40.81mg (4.08%), Vitamin K: 4.26µg (4.05%)