



Grilled Shellfish and Vegetables al Cartoccio

 Dairy Free

READY IN



70 min.

SERVINGS



40

CALORIES



143 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 asparagus spears (fat)
- ☐ 4 large basil sprigs (large)
- ☐ 1 bunch broccolini
- ☐ 8 small carrots with some stem attached (small)
- ☐ 40 servings warm crusty bread for serving
- ☐ 16 littleneck clams scrubbed
- ☐ 24 large mussels scrubbed (large)
- ☐ 40 servings olive oil extra-virgin for drizzling

- ☐ 16 small dozens oysters such as wellfleet, scrubbed (small)
- ☐ 8 large radishes red with some stem attached, halved lengthwise (large)
- ☐ 1 onion red cut into 1/2-inch-thick wedges through the root end
- ☐ 40 servings salt
- ☐ 4 medium tomatoes halved (medium)

Equipment

- ☐ bowl
- ☐ oven
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Light a grill. In a large bowl, toss all of the vegetables with olive oil and season with salt. Pull out the Broccolini and grill over moderately high heat until lightly charred, about 1 minute per side.
- ☐ Transfer to a large plate. Pull out the asparagus and carrots and grill for about 1 minute, until lightly charred; transfer to the plate. Grill the radishes, tomatoes and onion wedges, cut sides down, until lightly charred, about 2 minutes.
- ☐ Add to the other vegetables.
- ☐ Tear off eight 16-by-18-inch pieces of heavy-duty foil.
- ☐ Layer the sheets in pairs. Divide the oysters, clams and mussels among the four pairs of foil and drizzle with olive oil. Arrange the vegetables over the shellfish and drizzle with more olive oil.
- ☐ Add a pinch of salt, a basil sprig and 1 tablespoon of water to each. Fold the foil tightly into neat rectangular packets.
- ☐ Arrange the packets on the grill. Cover and cook over moderately high heat, rotating once or twice, until the packets are puffed and sizzling, about 25 minutes.
- ☐ Serve right away with bread.

Nutrition Facts



Properties

Glycemic Index:10.08, Glycemic Load:1.05, Inflammation Score:-8, Nutrition Score:5.8943478905636%

Flavonoids

Pelargonidin: 1.14mg, Pelargonidin: 1.14mg, Pelargonidin: 1.14mg, Pelargonidin: 1.14mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 142.85kcal (7.14%), Fat: 14.24g (21.9%), Saturated Fat: 1.98g (12.36%), Carbohydrates: 2.97g (0.99%), Net Carbohydrates: 2.33g (0.85%), Sugar: 1.16g (1.29%), Cholesterol: 2.19mg (0.73%), Sodium: 228.18mg (9.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.46g (2.91%), Vitamin A: 1887.1IU (37.74%), Vitamin E: 2.23mg (14.88%), Vitamin B12: 0.88µg (14.64%), Manganese: 0.25mg (12.74%), Vitamin K: 12.27µg (11.69%), Vitamin C: 7.32mg (8.87%), Selenium: 3.5µg (5.01%), Iron: 0.58mg (3.23%), Potassium: 98.14mg (2.8%), Zinc: 0.41mg (2.7%), Fiber: 0.64g (2.57%), Folate: 10.29µg (2.57%), Phosphorus: 24.61mg (2.46%), Vitamin B1: 0.03mg (2.29%), Copper: 0.04mg (2.19%), Vitamin B2: 0.03mg (1.89%), Vitamin B3: 0.37mg (1.83%), Vitamin B6: 0.04mg (1.78%), Magnesium: 6.15mg (1.54%), Calcium: 12.48mg (1.25%)