



Lapsang Souchong Tea Steamed Clams



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



88 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 bay leaves
- ☐ 2 carrots peeled cut into 1/2-inch semi-circles
- ☐ 2 rib celery cut into 1/2-inch lengths
- ☐ 4 pounds clams in bags fresh recommended: littleneck or cherrystone
- ☐ 2 inch ginger grated
- ☐ 1 tablespoon kosher salt
- ☐ 1 optional: lemon quartered
- ☐ 4 stalks lemongrass white roughly chopped

- ☐ 1 lime quartered
- ☐ 1 large onion halved quartered
- ☐ 1 cranberry-orange relish quartered
- ☐ 6 individual bags lapsang souchong tea
- ☐ 1 gallon water

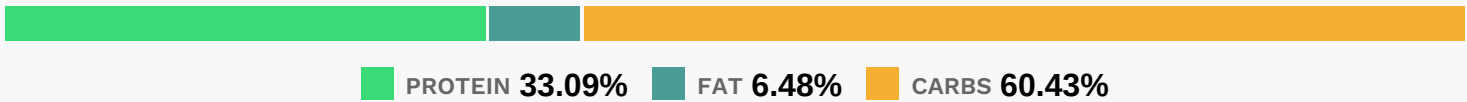
Equipment

- ☐ pot
- ☐ colander

Directions

- ☐ In a 2 to 3 gallon stock pot, over medium-high heat, add the water, salt, bay leaves, carrots, celery, lemongrass and onion. Bring to a boil, then reduce the heat and simmer for 20 to 30 minutes. Once the vegetables have softened slightly, add the ginger, fruits, and tea. Allow the flavors to blend for 10 minutes, then add the bagged clams. Cook until the clams have opened about 10 to 14 minutes.
- ☐ Remove the clam bags from the water, and put them into a colander. Open the bags, drain and serve.

Nutrition Facts



Properties

Glycemic Index:41.31, Glycemic Load:3.1, Inflammation Score:-10, Nutrition Score:15.11086941802%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 15.77mg, Hesperetin: 15.77mg, Hesperetin: 15.77mg, Hesperetin: 15.77mg Naringenin: 3.82mg, Naringenin: 3.82mg, Naringenin: 3.82mg, Naringenin: 3.82mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg

Nutrients (% of daily need)

Calories: 88.15kcal (4.41%), Fat: 0.68g (1.05%), Saturated Fat: 0.13g (0.83%), Carbohydrates: 14.32g (4.77%), Net Carbohydrates: 11.92g (4.34%), Sugar: 4.75g (5.28%), Cholesterol: 13.61mg (4.54%), Sodium: 1236.48mg (53.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.84g (15.69%), Vitamin B12: 5.13µg (85.43%), Vitamin A: 3597.32IU (71.95%), Vitamin C: 27.86mg (33.78%), Manganese: 0.65mg (32.34%), Selenium: 14.34µg (20.49%), Phosphorus: 123.15mg (12.32%), Iron: 1.91mg (10.6%), Copper: 0.2mg (10.04%), Fiber: 2.4g (9.6%), Potassium: 281.53mg (8.04%), Magnesium: 31.29mg (7.82%), Calcium: 74.32mg (7.43%), Folate: 28.27µg (7.07%), Vitamin B6: 0.11mg (5.39%), Vitamin B1: 0.07mg (4.56%), Zinc: 0.66mg (4.4%), Vitamin B2: 0.07mg (3.88%), Vitamin E: 0.55mg (3.64%), Vitamin B3: 0.62mg (3.1%), Vitamin K: 3.04µg (2.9%), Vitamin B5: 0.28mg (2.77%)