



Littleneck Clams with Sausage



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



94 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 ounces mild chicken sausage italian hot
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 cup wine dry white
- ☐ 2 tablespoons parsley fresh finely chopped
- ☐ 3 garlic clove thinly sliced
- ☐ 1 cup grape tomatoes halved
- ☐ 0.1 teaspoon kosher salt
- ☐ 2 teaspoons lemon zest grated

- ☐ 6 lemon wedges
- ☐ 36 littleneck clams

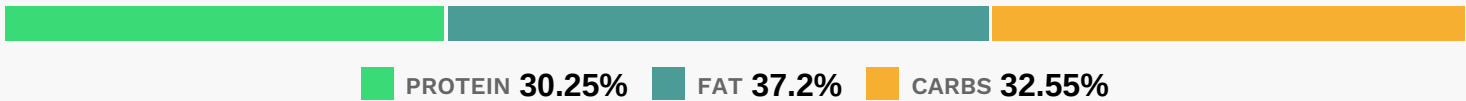
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Prepare grill.
- ☐ Combine first 5 ingredients in a small saucepan; bring to a boil. Reduce heat, and simmer until reduced to 1/2 cup (about 5 minutes). Keep warm.
- ☐ Place sausage on a grill rack coated with cooking spray, and grill for 10 minutes or until done, turning occasionally. Cool.
- ☐ Cut in half lengthwise, and cut each half crosswise into thin slices.
- ☐ Place clams in a disposable aluminum foil pan.
- ☐ Place pan on grill rack; cover and grill 5 minutes. Uncover and grill 5 minutes or until shells open. Discard any unopened shells.
- ☐ Combine clams, juice from clams, wine mixture, sausage, tomatoes, and parsley in a large bowl. Divide the clam mixture evenly among 6 shallow bowls.
- ☐ Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:27.92, Glycemic Load:0.98, Inflammation Score:-5, Nutrition Score:5.4817391530327%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.18mg, Hesperetin: 5.18mg, Hesperetin: 5.18mg, Hesperetin: 5.18mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 94.39kcal (4.72%), Fat: 2.92g (4.49%), Saturated Fat: 0.6g (3.74%), Carbohydrates: 5.75g (1.92%), Net Carbohydrates: 4.77g (1.74%), Sugar: 1.77g (1.97%), Cholesterol: 17.12mg (5.71%), Sodium: 254.86mg (11.08%), Alcohol: 4.12g (100%), Alcohol %: 4.42% (100%), Protein: 5.34g (10.69%), Vitamin B12: 1.42µg (23.73%), Vitamin K: 24.13µg (22.98%), Vitamin C: 16.31mg (19.77%), Vitamin A: 452.83IU (9.06%), Selenium: 4.2µg (6.01%), Manganese: 0.12mg (6%), Phosphorus: 44.39mg (4.44%), Iron: 0.78mg (4.31%), Vitamin B6: 0.08mg (3.91%), Fiber: 0.98g (3.91%), Potassium: 133.99mg (3.83%), Magnesium: 11.83mg (2.96%), Folate: 8.92µg (2.23%), Calcium: 21.43mg (2.14%), Vitamin E: 0.29mg (1.94%), Copper: 0.04mg (1.88%), Vitamin B1: 0.03mg (1.67%), Vitamin B3: 0.29mg (1.47%), Vitamin B2: 0.02mg (1.39%), Zinc: 0.2mg (1.35%), Vitamin B5: 0.11mg (1.1%)