



Local Clams with Herb Butter

READY IN



45 min.

SERVINGS



4

CALORIES



605 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 baguette sliced
- ☐ 4 servings garnishes: cilantro fresh chopped
- ☐ 24 clams in shells scrubbed
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 0.5 cup parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup green onions sliced
- ☐ 1 lime sliced
- ☐ 0.3 cup juice of lime fresh

- ☐ 0.3 cup lime zest
- ☐ 2 jalapeño chiles diced red seeded
- ☐ 1 cup butter unsalted softened
- ☐ 1.3 cups water divided
- ☐ 1.5 teaspoons coriander seeds whole crushed toasted

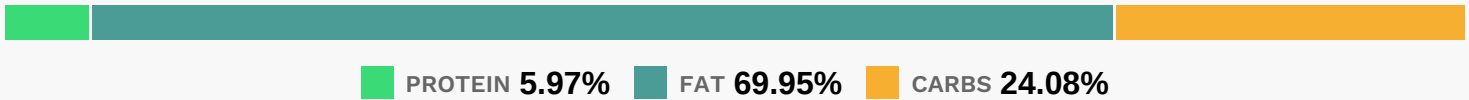
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ Combine butter and next 8 ingredients in a large bowl; chill until ready to use.
- ☐ Combine clams and 3/4 cup water in a large nonstick skillet over medium-high heat. Bring to a boil, cover, and simmer 5 minutes or until clams open. Discard clams that remain closed.
- ☐ Drain; return clams to pan.
- ☐ Add butter mixture and remaining 1/2 cup water to pan. Cook over medium-high heat 2 minutes or until butter melts.
- ☐ Grill bread and lime slices 1 to 2 minutes on each side. Arrange bread on platter, top with clams and butter sauce, and serve with grilled lime slices.
- ☐ Garnish, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:91.44, Glycemic Load:21.88, Inflammation Score:-9, Nutrition Score:19.825652329818%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 11.59mg, Hesperetin: 11.59mg, Hesperetin: 11.59mg, Hesperetin: 11.59mg Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 604.59kcal (30.23%), Fat: 48.17g (74.11%), Saturated Fat: 29.55g (184.66%), Carbohydrates: 37.32g (12.44%), Net Carbohydrates: 34.32g (12.48%), Sugar: 4.35g (4.84%), Cholesterol: 125.79mg (41.93%), Sodium: 411.75mg (17.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.25g (18.5%), Vitamin K: 153.9µg (146.57%), Vitamin A: 2400.81IU (48.02%), Vitamin C: 35.46mg (42.99%), Vitamin B1: 0.4mg (26.84%), Vitamin B12: 1.52µg (25.34%), Folate: 92.73µg (23.18%), Selenium: 15.81µg (22.58%), Manganese: 0.4mg (19.76%), Iron: 3.37mg (18.73%), Vitamin B3: 3.26mg (16.29%), Vitamin B2: 0.26mg (15.28%), Vitamin E: 1.88mg (12.55%), Calcium: 123.48mg (12.35%), Phosphorus: 121.68mg (12.17%), Fiber: 3g (12.02%), Magnesium: 33.92mg (8.48%), Copper: 0.17mg (8.35%), Vitamin B6: 0.15mg (7.72%), Potassium: 257.26mg (7.35%), Vitamin D: 0.85µg (5.68%), Zinc: 0.85mg (5.68%), Vitamin B5: 0.46mg (4.63%)