



Northwest Fried Razor Clam Fillets

READY IN



30 min.

SERVINGS



8

CALORIES



233 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons butter
- 8 razor clams dried cleaned
- 1.5 teaspoons tarragon dried
- 4 eggs
- 2 cups flour all-purpose
- 8 servings salt and ground pepper black to taste
- 2 cups panko bread crumbs
- 1 tablespoon pepper sauce hot tabasco® (such as)

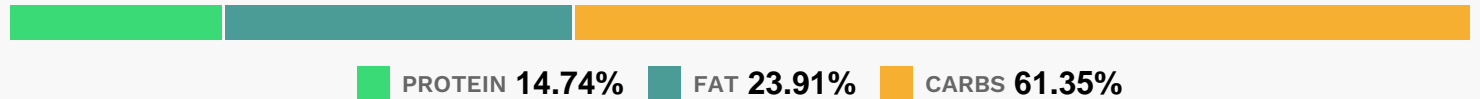
Equipment

- bowl
- frying pan

Directions

- Beat eggs, hot pepper sauce, salt, and pepper together in a bowl.
- Mix together the panko and tarragon in a second bowl.
- Place the flour in a third bowl. Dip a razor clam into the egg, then into the flour, then back into the egg, then press the clam into the panko. Gently toss between your hands so any breading that hasn't stuck can fall away.
- Place the breaded clams onto a plate while breading the rest; do not stack.
- Heat butter in a skillet over medium-high heat. Fry clams until lightly browned, about 1 minute on each side. Do not overcook or they will become tough.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:17.4, Inflammation Score:-4, Nutrition Score:9.5347826377205%

Nutrients (% of daily need)

Calories: 232.9kcal (11.64%), Fat: 6.09g (9.37%), Saturated Fat: 2.73g (17.06%), Carbohydrates: 35.16g (11.72%), Net Carbohydrates: 33.58g (12.21%), Sugar: 1.12g (1.24%), Cholesterol: 90mg (30%), Sodium: 208.55mg (9.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.45g (16.89%), Selenium: 21.83µg (31.18%), Vitamin B1: 0.4mg (26.75%), Folate: 84.93µg (21.23%), Manganese: 0.4mg (20.12%), Vitamin B2: 0.32mg (19.05%), Iron: 2.73mg (15.18%), Vitamin B3: 2.9mg (14.52%), Phosphorus: 108.57mg (10.86%), Vitamin B12: 0.49µg (8.19%), Fiber: 1.58g (6.31%), Vitamin B5: 0.57mg (5.67%), Copper: 0.1mg (5.23%), Calcium: 50.96mg (5.1%), Zinc: 0.75mg (5.01%), Vitamin A: 231.49IU (4.63%), Magnesium: 17.99mg (4.5%), Vitamin B6: 0.08mg (4.07%), Potassium: 110mg (3.14%), Vitamin D: 0.44µg (2.93%), Vitamin E: 0.36mg (2.4%), Vitamin C: 1.4mg (1.7%), Vitamin K: 1.6µg (1.53%)