



One Pot Clam Bake

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



988 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 celery stalks
- ☐ 4 pounds steamer clams scrubbed
- ☐ 750 milliliters cooking wine dry white
- ☐ 8 ears of corn husked halved
- ☐ 8 large eggs
- ☐ 1 head garlic separated
- ☐ 2 lemons sliced quartered
- ☐ 8 live lobsters

- ☐ 2 pounds mussels scrubbed
- ☐ 2.5 pounds new potatoes
- ☐ 1 cranberry-orange relish sliced quartered
- ☐ 1 cup butter salted melted (2 sticks)
- ☐ 1.5 pounds spicy sausage smoked cut into 2 inch pieces (such as linguïça, kielbasa, or andouille)
- ☐ 1 large bunch thyme leaves

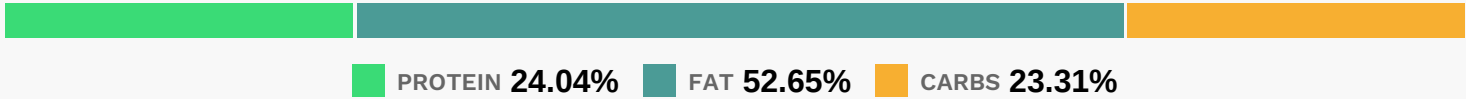
Equipment

- ☐ bowl
- ☐ pot
- ☐ slotted spoon
- ☐ tongs
- ☐ steamer basket

Directions

- ☐ Place a steamer basket in 30-quart pot.
- ☐ Add wine and 12 cups water; cover and bring to a boil.
- ☐ Add potatoes; cover and cook 5 minutes.
- ☐ Add lobsters and eggs; cover and cook 10 minutes. Gently nestle corn and next 6 ingredients (and littlenecks, if using) in pot. Cover and cook 5 minutes.
- ☐ Add Manila clams or steamers (if using), cover, and cook 10 minutes.
- ☐ Add mussels, cover, and cook until shellfish open, about 5 minutes (discard any that do not open). Peel 1 egg and cut in half. If it's hard-boiled, lobsters are ready.
- ☐ Using a slotted spoon and tongs, transfer clambake to a very large platter or a table covered with newspaper.
- ☐ Sprinkle with spice mix.
- ☐ Pour broth from pot into small bowls, leaving any sediment behind.
- ☐ Serve clambake with broth and melted butter.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:46.34, Glycemic Load:21.04, Inflammation Score:-9, Nutrition Score:48.369130279707%

Flavonoids

Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 12.38mg, Hesperetin: 12.38mg, Hesperetin: 12.38mg, Hesperetin: 12.38mg Naringenin: 3.02mg, Naringenin: 3.02mg, Naringenin: 3.02mg, Naringenin: 3.02mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 988.14kcal (49.41%), Fat: 54.39g (83.68%), Saturated Fat: 24.87g (155.43%), Carbohydrates: 54.19g (18.06%), Net Carbohydrates: 47.98g (17.45%), Sugar: 10.09g (11.21%), Cholesterol: 493.81mg (164.6%), Sodium: 1721.39mg (74.84%), Alcohol: 9.8g (100%), Alcohol %: 1.65% (100%), Protein: 55.88g (111.76%), Vitamin B12: 14.14µg (235.61%), Selenium: 144.5µg (206.42%), Manganese: 2.68mg (134.21%), Copper: 2.09mg (104.3%), Phosphorus: 766.73mg (76.67%), Vitamin C: 62.56mg (75.82%), Zinc: 8.99mg (59.95%), Vitamin B6: 0.98mg (48.92%), Potassium: 1672.97mg (47.8%), Vitamin B3: 9.12mg (45.62%), Vitamin B5: 4.54mg (45.45%), Vitamin B1: 0.65mg (43.26%), Magnesium: 171.33mg (42.83%), Iron: 7.01mg (38.94%), Vitamin B2: 0.66mg (38.84%), Folate: 136.63µg (34.16%), Vitamin A: 1425.58IU (28.51%), Fiber: 6.21g (24.85%), Calcium: 219.46mg (21.95%), Vitamin E: 2.99mg (19.95%), Vitamin D: 1.94µg (12.9%), Vitamin K: 6.37µg (6.07%)