



Pop-open Barbecue Clams

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



108 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 oz crusty baguette sliced
- ☐ 2.5 tablespoons butter melted
- ☐ 16 clams for steaming

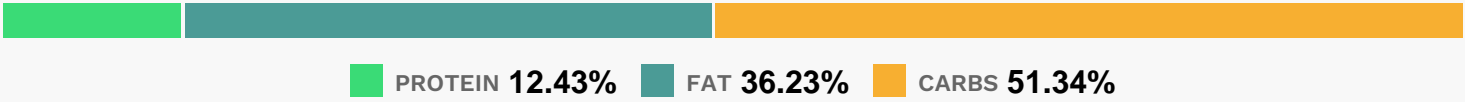
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ tongs

Directions

- ☐ Scrub clams under cool running water. Discard any gaping clams that don't close when cleaned.
- ☐ Place a bowl with clams, a basket with baguette slices, small forks, and napkins alongside barbecue grill.
- ☐ Place butter in a small pan on a cool section of grill.
- ☐ Have guests set clams on grill over a solid bed of hot coals or high heat on a gas grill (you can hold your hand at grill level only 2 to 3 seconds); close lid on gas grill.
- ☐ Cook clams until they pop wide open, 6 to 8 minutes. Pick up clams, using tongs or napkins to protect fingers, drain juices into butter, then pluck clams from shells, dip in butter, and eat.
- ☐ When all the clams are cooked, dip bread into butter.

Nutrition Facts



Properties

Glycemic Index:12.34, Glycemic Load:9.4, Inflammation Score:-2, Nutrition Score:3.6782609046963%

Nutrients (% of daily need)

Calories: 108.49kcal (5.42%), Fat: 4.34g (6.67%), Saturated Fat: 0.89g (5.58%), Carbohydrates: 13.83g (4.61%), Net Carbohydrates: 13.23g (4.81%), Sugar: 1.33g (1.48%), Cholesterol: 1.26mg (0.42%), Sodium: 218.81mg (9.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.35g (6.69%), Vitamin B1: 0.17mg (11.07%), Selenium: 6.16µg (8.8%), Vitamin B12: 0.48µg (7.98%), Folate: 30.59µg (7.65%), Manganese: 0.14mg (6.76%), Vitamin B3: 1.3mg (6.51%), Iron: 1.05mg (5.81%), Vitamin B2: 0.09mg (5.55%), Phosphorus: 36.25mg (3.63%), Vitamin A: 169.09IU (3.38%), Calcium: 32.72mg (3.27%), Fiber: 0.6g (2.38%), Magnesium: 8.3mg (2.08%), Copper: 0.04mg (1.83%), Zinc: 0.25mg (1.64%), Vitamin E: 0.25mg (1.64%), Vitamin B6: 0.03mg (1.51%), Vitamin B5: 0.12mg (1.17%), Potassium: 38.92mg (1.11%)