



Pop-Open Clams with Horseradish-Tabasco Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



160 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 slices grilled of crusty bread white for serving
- 2 tablespoons horseradish drained
- 1 tablespoon juice of lemon fresh
- 0.3 teaspoon lemon zest finely grated
- 24 littleneck clams scrubbed
- 0.3 teaspoon pimenton de la vera smoked sweet spanish
- 4 servings salt
- 1 tablespoon tabasco

4 tablespoons butter unsalted softened

Equipment

bowl

grill

tongs

Directions

- Light a grill. In a small bowl, blend the butter with the horseradish, Tabasco, lemon zest, lemon juice and pimentn de la Vera. Season with salt.
- Arrange the clams over high heat and grill until they pop open, about 25 seconds. Using tongs, carefully turn the clams over so the meat side is down. Grill for about 20 seconds longer, until the clam juices start simmering.
- Transfer the clams to a serving bowl. Top each clam with about 1/2 teaspoon of the horseradish-Tabasco sauce and serve with the grilled bread.

Nutrition Facts

 **PROTEIN 9.42%** **FAT 66.02%** **CARBS 24.56%**

Properties

Glycemic Index:35.63, Glycemic Load:6.73, Inflammation Score:-4, Nutrition Score:4.9473912353101%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 159.93kcal (8%), Fat: 11.95g (18.39%), Saturated Fat: 7.31g (45.7%), Carbohydrates: 10.01g (3.34%), Net Carbohydrates: 9.33g (3.39%), Sugar: 1.5g (1.66%), Cholesterol: 33.88mg (11.29%), Sodium: 418.2mg (18.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.84g (7.67%), Vitamin B12: 1.45µg (24.13%), Selenium: 8.81µg (12.59%), Vitamin A: 430.42IU (8.61%), Vitamin B1: 0.12mg (7.95%), Vitamin C: 5.91mg (7.17%), Folate: 26µg (6.5%), Manganese: 0.11mg (5.46%), Iron: 0.91mg (5.04%), Vitamin B2: 0.08mg (4.97%), Phosphorus: 48.48mg (4.85%), Vitamin B3: 0.88mg (4.38%), Vitamin E: 0.5mg (3.35%), Fiber: 0.68g (2.71%), Magnesium: 10.42mg (2.6%), Calcium: 21.98mg (2.2%), Zinc: 0.32mg (2.11%), Copper: 0.04mg (2.03%), Vitamin B6: 0.03mg (1.7%), Potassium: 57.55mg

(1.64%), Vitamin D: 0.21 μ g (1.4%), Vitamin K: 1.42 μ g (1.36%), Vitamin B5: 0.1mg (1.04%)