



Roasted Seafood

 **Gluten Free**  **Dairy Free**

READY IN



105 min.

SERVINGS



6

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 ounces clams in their shells
- 8 cloves garlic unpeeled
- 1 unwaxed lemon
- 0.3 cup regular olive oil
- 2 tablespoons parsley leaves roughly chopped
- 2 small onions red
- 6 servings salt and pepper black freshly ground
- 1.3 pounds colossal-size shrimp raw with heads-on unpeeled

- 6 to 8 baby squid
- 3 tablespoons white wine dry white
- 1.5 pounds white-skinned potatoes (3 baking potatoes)

Equipment

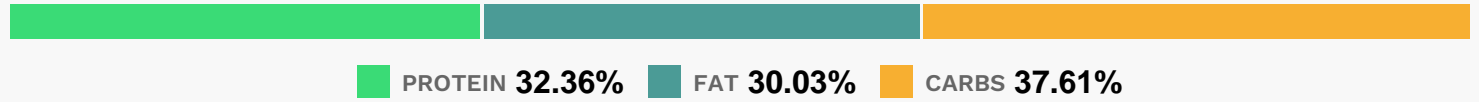
- bowl
- frying pan
- oven
- plastic wrap
- roasting pan
- stove

Directions

- Preheat the oven to 425 degrees F.
- Cut the potatoes, without peeling, into thick slices and each slice into quarters.
- Put them into a large roasting pan with the whole garlic cloves.
- Quarter the onions, peel them (I find it easier to do it this way around), then halve each quarter horizontally. Quarter the lemon and cut each quarter into 1/2-inch pieces.
- Add the onion and lemon to the pan with the potatoes and garlic.
- Drizzle with 2 tablespoons of the oil and roast for 1 hour.
- Meanwhile, soak the clams in a bowl of water – if any are smashed or don't close after they've soaked, throw them away. Slice the squid into rings.
- After 1 hour, take the pan out of the oven and put it over low heat on the stove top so that the pan doesn't cool while you add the seafood.
- Arrange the drained closed clams, baby squid rings, and whole raw shrimp over the potatoes, garlic, lemon pieces, and onions.
- Splash the seafood with the remaining 2 tablespoons of oil and the vermouth, then season with salt and pepper, to taste.
- Put the roasting pan back in the oven for 15 minutes, by which time the clams should have opened and the shrimp have turned pink. Discard any clams that have not opened.

- Scatter with parsley and serve straight from the pan: it couldn't look more beautiful.
- Make Ahead Note: Potatoes can be prepared 1 day ahead. Submerge in a bowl of water and store in the refrigerator.
- Drain and pat dry before using. Onions and lemons can be cut 1 day ahead and stored in bowls tightly covered with plastic wrap in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:45.54, Glycemic Load:17.68, Inflammation Score:-5, Nutrition Score:13.349565195001%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.05mg, Hesperetin: 5.05mg, Hesperetin: 5.05mg, Hesperetin: 5.05mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 7.72mg, Quercetin: 7.72mg, Quercetin: 7.72mg, Quercetin: 7.72mg

Nutrients (% of daily need)

Calories: 290.43kcal (14.52%), Fat: 9.79g (15.07%), Saturated Fat: 1.42g (8.85%), Carbohydrates: 27.6g (9.2%), Net Carbohydrates: 24.84g (9.03%), Sugar: 2.83g (3.15%), Cholesterol: 157.02mg (52.34%), Sodium: 127.15mg (5.53%), Alcohol: 0.77g (100%), Alcohol %: 0.33% (100%), Protein: 23.74g (47.48%), Phosphorus: 305.56mg (30.56%), Vitamin K: 29.75µg (28.33%), Copper: 0.55mg (27.31%), Vitamin C: 21.79mg (26.41%), Vitamin B6: 0.51mg (25.29%), Potassium: 837.26mg (23.92%), Manganese: 0.36mg (18%), Magnesium: 68.8mg (17.2%), Vitamin B12: 0.97µg (16.23%), Zinc: 1.8mg (11.99%), Iron: 2.03mg (11.26%), Fiber: 2.75g (11.02%), Calcium: 102.26mg (10.23%), Vitamin E: 1.43mg (9.5%), Vitamin B1: 0.13mg (8.54%), Folate: 27.54µg (6.88%), Vitamin B3: 1.34mg (6.7%), Selenium: 4.34µg (6.2%), Vitamin B5: 0.47mg (4.72%), Vitamin B2: 0.07mg (3.85%), Vitamin A: 144.9IU (2.9%)