



Roasted Shellfish with Coriander, Fennel, and Meyer Lemon

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter ()
- ☐ 1 tablespoon coriander seeds
- ☐ 2 pounds surimi crab sticks with mallet or cut with scissors
- ☐ 0.5 cup wine dry white
- ☐ 1 tablespoon fennel seeds
- ☐ 4 servings chives fresh chopped
- ☐ 1.5 pounds littleneck clams scrubbed

- ☐ 0.3 cup meyer lemon juice fresh
- ☐ 16 mussels scrubbed
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup shallots chopped

Equipment

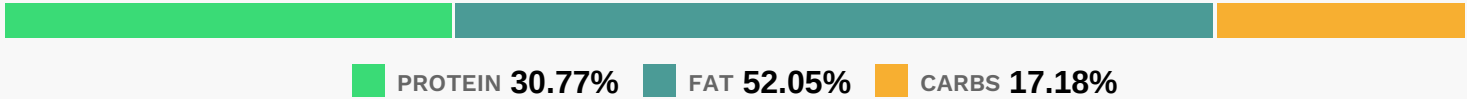
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ aluminum foil
- ☐ tongs

Directions

- ☐ Preheat oven to 500°F. Process corianderseeds and fennel seeds in spice grinder or coffee mill until coarsely ground.
- ☐ Place heavy large roasting pan over 2 burners and heat over medium heat.
- ☐ Add ground coriander and fennel seeds and stir 1 minute.
- ☐ Add olive oil, cracked crab, Manila clams, and mussels; stir to coat.
- ☐ Place pan in oven. Roast until crab is heated through and clams and mussels open, stirring occasionally and transferring clams and mussels to platter as they open, about 10 minutes.
- ☐ Using tongs, transfer crab, clams, and mussels to platter (discard any clams and mussels that do not open); tent with foil to keep warm.
- ☐ Heat same pan over 2 burners over high heat.
- ☐ Add shallots and wine and boil 1 minute.
- ☐ Add lemon juice and boil until sauce thickens slightly, about 2 minutes.
- ☐ Whisk in butter. Season sauce to taste with salt and pepper.
- ☐ Pour sauce over shellfish.
- ☐ Sprinkle with chives and serve.

- ☐ One serving contains the following: Calories (kcal) 332.98; % Calories from Fat 45.7; Fat (g) 16.89; Saturated Fat (g) 5.11; Cholesterol (mg) 93.90; Carbohydrates (g) 12.17; Dietary Fiber (g) 1.38; Total Sugars (g) 1.14; Net Carbs (g) 10.78; Protein (g) 31.97
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:54.25, Glycemic Load:2.18, Inflammation Score:-6, Nutrition Score:21.018695603246%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 3.06mg, Hesperetin: 3.06mg, Hesperetin: 3.06mg, Hesperetin: 3.06mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 269.28kcal (13.46%), Fat: 14.52g (22.34%), Saturated Fat: 4.84g (30.22%), Carbohydrates: 10.79g (3.6%), Net Carbohydrates: 8.63g (3.14%), Sugar: 3.15g (3.5%), Cholesterol: 55.66mg (18.55%), Sodium: 633.83mg (27.56%), Alcohol: 3.09g (100%), Alcohol %: 1.84% (100%), Protein: 19.32g (38.64%), Vitamin B12: 11.91µg (198.58%), Manganese: 1.4mg (70.03%), Selenium: 43.88µg (62.69%), Copper: 0.63mg (31.36%), Zinc: 4.32mg (28.78%), Phosphorus: 278.44mg (27.84%), Vitamin C: 17.97mg (21.79%), Iron: 3.03mg (16.82%), Magnesium: 64.62mg (16.15%), Folate: 55.61µg (13.9%), Potassium: 418.83mg (11.97%), Vitamin B6: 0.24mg (11.95%), Vitamin E: 1.57mg (10.45%), Calcium: 88.85mg (8.89%), Fiber: 2.15g (8.61%), Vitamin B1: 0.11mg (7.65%), Vitamin B2: 0.13mg (7.59%), Vitamin B3: 1.47mg (7.36%), Vitamin A: 365.26IU (7.31%), Vitamin K: 7.27µg (6.93%), Vitamin B5: 0.54mg (5.36%)