



Shellfish and Potatoes à la Marinière

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



243 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 6 clams scrubbed
- ☐ 0.8 cup wine dry white
- ☐ 1 fennel bulb diced trimmed
- ☐ 1 cup flat parsley whole packed coarsely chopped for garnish ()
- ☐ 4 garlic clove finely chopped
- ☐ 1 tablespoon kosher salt plus more
- ☐ 1 pound littleneck clams scrubbed

- ☐ 1 pound littleneck clams scrubbed
- ☐ 1 pound mussels scrubbed
- ☐ 2 tablespoons olive oil
- ☐ 2 shallots finely chopped
- ☐ 1.5 tablespoons butter unsalted
- ☐ 1.3 pounds yukon gold potatoes

Equipment

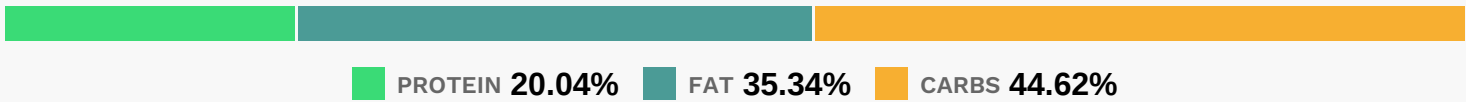
- ☐ bowl
- ☐ sauce pan
- ☐ pot
- ☐ blender
- ☐ slotted spoon

Directions

- ☐ Place potatoes in a medium saucepan.
- ☐ Add cold water to cover by 2".
- ☐ Add 1 tablespoonsalt. Bring to a boil; reduce heat to low andsimmer until potatoes are tender, about15 minutes.
- ☐ Drain; set aside.
- ☐ Meanwhile, heat oil in a large pot overmedium heat.
- ☐ Add fennel, shallots, andgarlic and cook, stirring often, until soft andfragrant, about 5 minutes.
- ☐ Remove pot fromheat; add wine. Return pot to heat; increasheat to high, add littleneck clams, cover,and cook for 1 minute.
- ☐ Add mussels, cockles,razor clams (if using), and potatoes. Cover;cook until all shellfish have opened (discardany that do not open), 4–5 minutes longer.
- ☐ Using a slotted spoon, transfer shellfishand potatoes to a warm bowl and transferany remaining vegetables from pot to ablender.
- ☐ Pour liquid from pot into blender,leaving any sediment behind.

- ☐
- Add 1 cupparsley and butter to blender; purée on highuntil sauce is bright green and thickened,about 2 minutes. Season to taste with saltand pepper.
- ☐
- Pour over shellfish; stir to coat.
- ☐
- Garnish with whole parsley leaves.
- ☐
- Per serving: 244 calories, 8 g fat, 32 g carbohydrates
- ☐
- Bon Appétit

Nutrition Facts



Properties

Glycemic Index:66.46, Glycemic Load:14.52, Inflammation Score:-8, Nutrition Score:26.028261064187%

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: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 1.52mg, Myricetin: 1.52mg, Myricetin: 1.52mg, Myricetin: 1.52mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 243.1kcal (12.16%), Fat: 8.87g (13.65%), Saturated Fat: 2.73g (17.06%), Carbohydrates: 25.2g (8.4%), Net Carbohydrates: 21.25g (7.73%), Sugar: 3.32g (3.69%), Cholesterol: 25.75mg (8.58%), Sodium: 1321.77mg (57.47%), Alcohol: 3.09g (100%), Alcohol %: 1.52% (100%), Protein: 11.32g (22.63%), Vitamin K: 193.81µg (184.59%), Vitamin B12: 7.43µg (123.88%), Manganese: 1.68mg (83.79%), Vitamin C: 40.97mg (49.66%), Selenium: 25.88µg (36.97%), Potassium: 809.08mg (23.12%), Vitamin A: 1121.1IU (22.42%), Phosphorus: 218.64mg (21.86%), Iron: 3.83mg (21.26%), Vitamin B6: 0.4mg (19.84%), Fiber: 3.95g (15.81%), Folate: 61.6µg (15.4%), Magnesium: 56.7mg (14.18%), Vitamin B1: 0.16mg (10.95%), Vitamin B3: 2.15mg (10.73%), Copper: 0.21mg (10.47%), Vitamin E: 1.45mg (9.67%), Vitamin B2: 0.15mg (9.01%), Zinc: 1.3mg (8.68%), Calcium: 75.39mg (7.54%), Vitamin B5: 0.69mg (6.94%)