



Simple Clambake

READY IN



45 min.

SERVINGS



4

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ears corn
- ☐ 0.3 cup juice of lemon fresh
- ☐ 4 lemon wedges
- ☐ 24 littleneck clams scrubbed
- ☐ 3 pound live lobsters
- ☐ 32 mussels scrubbed
- ☐ 0.3 teaspoon old bay seasoning reduced-sodium
- ☐ 8 parsley sprigs
- ☐ 1 pound potatoes red quartered

- ☐ 4 thyme sprigs
- ☐ 6 ounces turkey kielbasa cut into 1/2-inch slices
- ☐ 2 vidalia sweet peeled cut into 8 wedges
- ☐ 5 quarts water divided

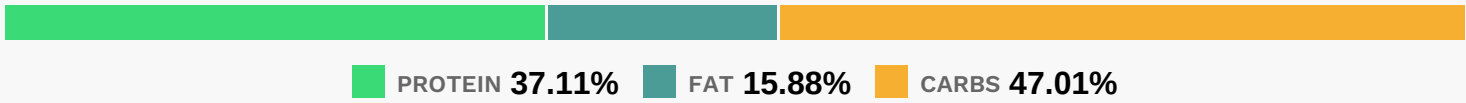
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ roasting pan
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Prepare grill.
- ☐ Bring 5 quarts water to a boil in an 8-quart stockpot; plunge lobsters headfirst, 1 at a time, into water. Return to a boil. Cover, reduce heat, and simmer 2 minutes; drain well.
- ☐ Place potatoes in a saucepan; cover with cold water. Bring to a boil. Reduce heat, and simmer 10 minutes or until almost tender; drain.
- ☐ Place potatoes in a large roasting pan; add remaining 1 cup water, lemon juice, mussels, clams, parsley, kielbasa, thyme, corn, and onions to pan; arrange lobsters over potato mixture.
- ☐ Sprinkle evenly with seasoning; cover with foil.
- ☐ Place pan on grill rack; cook 18 minutes or until clams and mussels open. Discard any unopened shells.
- ☐ Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:44.88, Glycemic Load:1.69, Inflammation Score:-10, Nutrition Score:41.866521806821%

Flavonoids

Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 4.59mg, Eriodictyol: 4.59mg, Eriodictyol: 4.59mg, Eriodictyol: 4.59mg Hesperetin: 7.23mg, Hesperetin: 7.23mg, Hesperetin: 7.23mg, Hesperetin: 7.23mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg Myricetin: 2.28mg, Myricetin: 2.28mg, Myricetin: 2.28mg, Myricetin: 2.28mg Quercetin: 25.03mg, Quercetin: 25.03mg, Quercetin: 25.03mg, Quercetin: 25.03mg

Nutrients (% of daily need)

Calories: 389.24kcal (19.46%), Fat: 7.05g (10.85%), Saturated Fat: 2.29g (14.29%), Carbohydrates: 46.96g (15.65%), Net Carbohydrates: 41.49g (15.09%), Sugar: 14.8g (16.45%), Cholesterol: 165.57mg (55.19%), Sodium: 1206.58mg (52.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.07g (74.15%), Vitamin B12: 10.63µg (177.18%), Selenium: 104.89µg (149.84%), Manganese: 2.68mg (133.94%), Copper: 1.88mg (93.86%), Vitamin C: 58.62mg (71.06%), Phosphorus: 546.02mg (54.6%), Iron: 9.07mg (50.38%), Zinc: 6.35mg (42.36%), Potassium: 1381.95mg (39.48%), Vitamin B6: 0.77mg (38.66%), Vitamin K: 38.16µg (36.34%), Magnesium: 144.97mg (36.24%), Vitamin B3: 6.57mg (32.83%), Folate: 127.04µg (31.76%), Vitamin B1: 0.4mg (26.56%), Vitamin B5: 2.59mg (25.93%), Fiber: 5.47g (21.88%), Calcium: 205.31mg (20.53%), Vitamin B2: 0.33mg (19.7%), Vitamin A: 525.19IU (10.5%), Vitamin E: 1.45mg (9.69%)