



Smoky Mussels and Clams with White Wine Broth

READY IN



45 min.

SERVINGS



4

CALORIES



519 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 ounce bread baguette french
- ☐ 3 tablespoons butter
- ☐ 8 ounce bottled clam juice
- ☐ 0.5 cup cooking wine dry white
- ☐ 3 tablespoons flat-leaf parsley fresh finely chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 6 garlic cloves sliced
- ☐ 1.5 pounds littleneck clams

- ☐ 2 pounds mussels scrubbed
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 cup wood chips
- ☐ 0.3 cup shallots chopped
- ☐ 3 thyme sprigs
- ☐ 2 cups tomatoes peeled seeded chopped

Equipment

- ☐ frying pan
- ☐ grill
- ☐ slotted spoon
- ☐ dutch oven

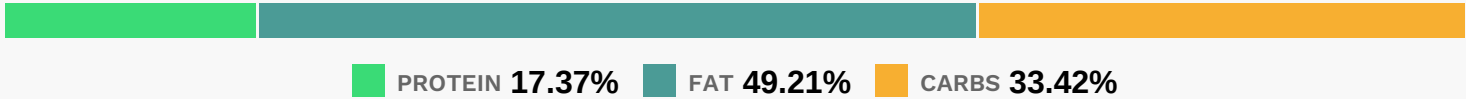
Directions

- ☐ Soak wood chips in water for 30 minutes; drain well.
- ☐ Preheat grill to medium-high heat.
- ☐ Place wood chips on hot coals.
- ☐ Place a large Dutch oven on grill rack. Close grill lid; heat 2 minutes.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add shallots and garlic to pan; saut 2 minutes, stirring frequently.
- ☐ Add tomato; close grill lid, and cook 3 minutes.
- ☐ Remove grill lid.
- ☐ Add wine; bring to a boil. Cook 5 minutes or until reduced to 2 tablespoons, stirring occasionally.
- ☐ Add thyme, juice, and clams; close grill lid, and cook 5 minutes.
- ☐ Remove grill lid. Stir in mussels; close grill lid, and cook 5 minutes. Coat bread slices with cooking spray; grill 1 minute on each side or until toasted.
- ☐ Remove clams and mussels from pan using a slotted spoon, reserving cooking liquid in pan; discard any unopened shells. Cover clams and mussels; keep warm. Discard thyme sprigs. Bring reserved cooking liquid to a boil. Cook 15 minutes or until reduced to 3/4 cup; remove

from heat.

- ☐ Add butter, parsley, and chopped thyme, stirring until smooth. Return mussels and clams to pan; toss to coat.
- ☐ Serve with grilled bread.

Nutrition Facts



Properties

Glycemic Index:117.21, Glycemic Load:15.05, Inflammation Score:-10, Nutrition Score:33.275217470915%

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 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: 6.54mg, Apigenin: 6.54mg, Apigenin: 6.54mg, Apigenin: 6.54mg Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 518.72kcal (25.94%), Fat: 27.66g (42.55%), Saturated Fat: 9.65g (60.33%), Carbohydrates: 42.25g (14.08%), Net Carbohydrates: 36.91g (13.42%), Sugar: 6.81g (7.57%), Cholesterol: 62.62mg (20.87%), Sodium: 1107.29mg (48.14%), Alcohol: 3.09g (100%), Alcohol %: 0.86% (100%), Protein: 21.97g (43.93%), Vitamin B12: 16.8µg (279.97%), Manganese: 4.43mg (221.67%), Selenium: 62.3µg (88.99%), Vitamin K: 58.17µg (55.4%), Vitamin C: 37.95mg (46%), Iron: 8.21mg (45.6%), Phosphorus: 387.71mg (38.77%), Potassium: 1056.04mg (30.17%), Vitamin B6: 0.49mg (24.45%), Folate: 94.5µg (23.63%), Vitamin B1: 0.35mg (23.36%), Vitamin B3: 4.61mg (23.07%), Vitamin B2: 0.39mg (23%), Vitamin A: 1121.57IU (22.43%), Magnesium: 85.96mg (21.49%), Fiber: 5.34g (21.36%), Vitamin E: 2.98mg (19.87%), Zinc: 2.68mg (17.87%), Copper: 0.3mg (14.81%), Vitamin B5: 1.27mg (12.67%), Calcium: 123.92mg (12.39%)