



 **52%**  
HEALTH SCORE

# Steamed Clams and Lobster with Shallot Butter, Corn, Sausages and Potatoes

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

READY IN



**45 min.**

SERVINGS



**6**

CALORIES



**621 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 6 ears corn husked
- 2 pounds turkey sausage sweet italian
- 9 pounds littleneck clams scrubbed
- 6 pound pd of lobster
- 1 tablespoon oregano dried
- 1 teaspoon pepper dried red crushed
- 2 cups water

- 2 pounds potatoes white unpeeled

## Equipment

- bowl
- ladle
- knife
- pot
- slotted spoon

## Directions

- Divide clams between 2 large pots, pushing clams to one side of each pot. Divide sausages and potatoes between pots, placing both ingredients on the other side of pots.
- Add 1 cup water, 1/2 tablespoon oregano, 1/2 teaspoon crushed red pepper, then 1/4 cup Shallot Butter to each pot. Cover tightly and cook over high heat until clams open, about 8 minutes (discard any clams that do not open).
- Remove from heat. Using slotted spoon, transfer clams to large bowl, leaving sausages and potatoes in pots. Ladle some of cooking broth into small serving bowl.
- Serve clams as appetizer, offering broth alongside.
- Cook 3 lobsters at a time in large stockpot of boiling water, about 12 minutes for 1-pound lobsters and 20 minutes for 2-pound lobsters.
- Transfer lobsters to bowl.
- Meanwhile, set pots with sausages and potatoes over medium heat. Cover and continue to cook until potatoes begin to soften, about 12 minutes.
- Add corn to pots; cook until vegetables are tender and sausages are cooked through, about 10 minutes longer.
- Using heavy large knife, cut 2-pound lobsters in half lengthwise; keep 1-pound lobsters whole.
- Place lobsters, sausages, potatoes and corn on large platter.
- Pour remaining Shallot Butter into small bowl.
- Pour any broth from pots into another small bowl; serve alongside lobsters.

## Nutrition Facts



■ PROTEIN 41.35% ■ FAT 23.81% ■ CARBS 34.84%

## Properties

Glycemic Index:19.29, Glycemic Load:20.33, Inflammation Score:-9, Nutrition Score:47.531304815541%

## Flavonoids

Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

## Nutrients (% of daily need)

Calories: 621.43kcal (31.07%), Fat: 16.6g (25.53%), Saturated Fat: 5.92g (36.97%), Carbohydrates: 54.66g (18.22%), Net Carbohydrates: 47.7g (17.35%), Sugar: 11.71g (13.01%), Cholesterol: 272.05mg (90.68%), Sodium: 2029.69mg (88.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 64.86g (129.71%), Vitamin B12: 13.77µg (229.51%), Selenium: 146.67µg (209.53%), Copper: 2.17mg (108.42%), Iron: 18.51mg (102.83%), Vitamin C: 81.89mg (99.26%), Phosphorus: 854.79mg (85.48%), Vitamin B6: 1.26mg (63.19%), Zinc: 9.12mg (60.81%), Vitamin B3: 11.2mg (55.99%), Magnesium: 177.06mg (44.27%), Vitamin B5: 4.3mg (43%), Potassium: 1495.36mg (42.72%), Manganese: 0.68mg (34.15%), Fiber: 6.96g (27.83%), Vitamin B1: 0.41mg (27.39%), Vitamin B2: 0.43mg (25.03%), Folate: 93.96µg (23.49%), Calcium: 214.96mg (21.5%), Vitamin A: 813.31IU (16.27%), Vitamin E: 2.16mg (14.38%), Vitamin K: 8.88µg (8.46%)