



## Steamed Clams or Mussels in Seasoned Broth

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



1064 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 servings seasoned broth (choices follow)
- ☐ 1.3 lb mussels in shells for steaming ( 2 1/2 lb.
- ☐ 2 servings parsley fresh chopped
- ☐ 2 servings lemon wedges

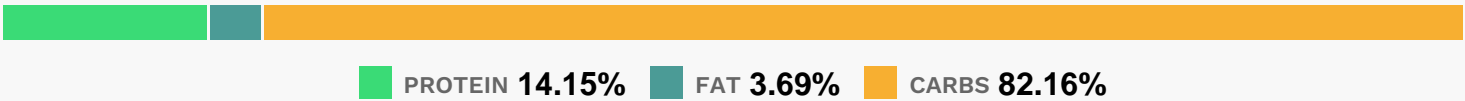
### Equipment

- ☐ bowl
- ☐ frying pan

# Directions

- ☐ In a covered 5- to 6-quart pan over high heat, bring broth to a boil. Reduce heat to low and simmer while cleaning shellfish.
- ☐ Meanwhile, scrub clams or mussels well; pull any beards off mussels. Discard open shellfish that don't close when tapped.
- ☐ Return broth to a boil over high heat.
- ☐ Add shellfish, cover, and cook until shells pop open, 3 to 6 minutes. Spoon shellfish and broth into bowls.
- ☐ Sprinkle with parsley.
- ☐ Serve with lemon wedges.
- ☐ Creamy tarragon-shallot broth. In pan, combine 1 cup water (for clams) or clam juice (for mussels), 1 cup dry white wine, 1/2 cup chopped shallots, 1/4 cup whipping cream, and 1 teaspoon dried tarragon.
- ☐ Garlic-ginger broth. In pan, combine 1 cup water (for clams) or fat-skimmed reduced-sodium chicken broth (for mussels), 1 cup sake or dry white wine, 1 tablespoon chopped garlic, 1 tablespoon chopped fresh ginger, and 1/4 teaspoon crushed hot chili flakes.
- ☐ Tomato-basil broth. In pan, combine 1 can (14 1/2 oz.) diced tomatoes (including liquid), 1/2 cup water (for clams) or fat-skimmed reduced-sodium chicken broth (for mussels), 1/2 cup chopped onion, 1 tablespoon minced garlic, and 2 teaspoons dried basil.

## Nutrition Facts



## Properties

Glycemic Index:72.25, Glycemic Load:86.47, Inflammation Score:-8, Nutrition Score:23.903913135114%

## Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 1063.83kcal (53.19%), Fat: 4.28g (6.59%), Saturated Fat: 0.79g (4.91%), Carbohydrates: 214.79g (71.6%), Net Carbohydrates: 205.69g (74.8%), Sugar: 9.59g (10.66%), Cholesterol: 0mg (0%), Sodium: 957.08mg (41.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.98g (73.96%), Selenium: 179.17µg (255.96%), Manganese: 2.6mg (130.02%), Phosphorus: 536.01mg (53.6%), Copper: 0.82mg (40.99%), Magnesium: 150.36mg (37.59%), Fiber: 9.1g (36.41%), Zinc: 4mg (26.66%), Vitamin B3: 4.82mg (24.11%), Iron: 3.69mg (20.52%), Vitamin B6: 0.4mg (20.18%), Potassium: 634.1mg (18.12%), Vitamin B1: 0.26mg (17.04%), Folate: 51.2µg (12.8%), Vitamin B5: 1.22mg (12.24%), Vitamin A: 507.52IU (10.15%), Vitamin B2: 0.17mg (10.03%), Calcium: 59.86mg (5.99%), Vitamin E: 0.32mg (2.11%)