



Steamed Mussels and Clams with Two Sauces



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



189 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 0.3 cup bottled chili sauce
- ☐ 2 tablespoons chives fresh minced
- ☐ 1.5 teaspoons optional: dill fresh minced
- ☐ 1.5 teaspoons horseradish prepared
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 24 littleneck clams
- ☐ 2 pounds mussels scrubbed

- ☐ 2 tablespoons old bay seasoning
- ☐ 2 cups white wine

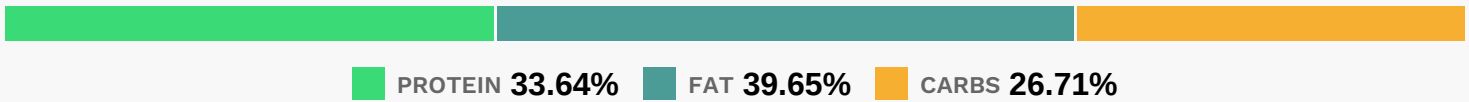
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ To prepare cocktail sauce, combine chili sauce, juice, dill, and horseradish in a small bowl.
- ☐ To prepare chive butter, combine butter and chives in a small bowl; cover and keep warm.
- ☐ To prepare shellfish, place wine and Old Bay in a large Dutch oven; set a large vegetable steamer in pan. Bring wine mixture to a boil over high heat.
- ☐ Add clams to steamer. Steam clams, covered, for 8 minutes.
- ☐ Add mussels to steamer. Steam mussels and clams, covered, for 8 minutes or until clam and mussel shells open. Discard any unopened shells, and discard wine mixture.
- ☐ Serve shellfish immediately with sauces.

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:1.86, Inflammation Score:-6, Nutrition Score:18.546521674032%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 188.62kcal (9.43%), Fat: 5.75g (8.85%), Saturated Fat: 2.79g (17.47%), Carbohydrates: 8.71g (2.9%), Net Carbohydrates: 8.22g (2.99%), Sugar: 2.51g (2.78%), Cholesterol: 34.14mg (11.38%), Sodium: 417.35mg (18.15%), Alcohol: 8.24g (100%), Alcohol %: 5.57% (100%), Protein: 10.98g (21.95%), Vitamin B12: 10.21µg (170.17%), Manganese: 2.82mg (140.99%), Selenium: 37.51µg (53.59%), Iron: 3.99mg (22.14%), Phosphorus: 193.44mg (19.34%), Vitamin K: 14.22µg (13.54%), Vitamin C: 10.03mg (12.16%), Vitamin B2: 0.19mg (11.25%), Potassium: 368.54mg (10.53%), Magnesium: 41.18mg (10.29%), Folate: 38.91µg (9.73%), Zinc: 1.45mg (9.7%), Vitamin B1: 0.14mg (9.61%), Vitamin A: 423.27IU (8.47%), Vitamin B3: 1.59mg (7.94%), Vitamin B6: 0.12mg (5.94%), Vitamin E: 0.83mg (5.54%), Copper: 0.11mg (5.44%), Calcium: 49.02mg (4.9%), Vitamin B5: 0.45mg (4.47%), Fiber: 0.5g (1.99%)