



Steamers

READY IN

ready

85 min.

SERVINGS

servings

6

CALORIES

calories

646 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 750 ml chardonnay
- ☐ 1 cup cornmeal
- ☐ 6 servings crusty sourdough bread for serving
- ☐ 2 teaspoons garlic crushed
- ☐ 2 teaspoons seafood grill and broil seasoning salt-free
- ☐ 0.3 cup kosher salt
- ☐ 2 leeks light white green cleaned sliced
- ☐ 4 pounds live littleneck clams scrubbed
- ☐ 2 pounds live mussels scrubbed

- ☐ 0.5 teaspoon pepper flakes red
- ☐ 1 small shallots minced
- ☐ 0.5 cup butter unsalted

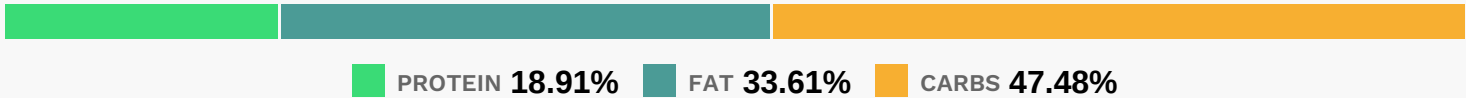
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot

Directions

- ☐ At least 1 hour before cooking clams, mix the kosher salt and cornmeal into 1 gallon of water and soak the clams. Do not use iodized salt as it will instantly kill the clams.
- ☐ In a steamer or large pot set over medium-high heat, melt the butter.
- ☐ Add the shallots and leeks and saute until soft, about 5 minutes.
- ☐ Add the remaining ingredients, except bread, and bring to a boil. Reduce the heat to a simmer and add the clams and mussels. Cover with a tight fitting lid and steam over low heat until clams and mussels have opened, about 5 to 10 minutes. Discard any clams or mussels that have not opened.
- ☐ Transfer to serving bowls and ladle with broth.
- ☐ Serve hot with crusty bread to soak up the broth.

Nutrition Facts



Properties

Glycemic Index:55.5, Glycemic Load:40.93, Inflammation Score:-9, Nutrition Score:32.384347941564%

Flavonoids

Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg

Kaempferol: 0.81mg, Kaempferol: 0.81mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 645.88kcal (32.29%), Fat: 20.79g (31.98%), Saturated Fat: 10.78g (67.4%), Carbohydrates: 66.07g (22.02%), Net Carbohydrates: 61.35g (22.31%), Sugar: 6.13g (6.81%), Cholesterol: 75.87mg (25.29%), Sodium: 6937.62mg (301.64%), Alcohol: 13.06g (100%), Alcohol %: 4.03% (100%), Protein: 26.31g (52.63%), Vitamin B12: 14.41µg (240.18%), Manganese: 3.55mg (177.55%), Selenium: 69.22µg (98.89%), Iron: 8.43mg (46.83%), Vitamin B1: 0.7mg (46.39%), Phosphorus: 411.96mg (41.2%), Folate: 145.62µg (36.4%), Vitamin B2: 0.52mg (30.42%), Vitamin B3: 5.45mg (27.25%), Magnesium: 108.07mg (27.02%), Vitamin A: 1293.95IU (25.88%), Vitamin B6: 0.44mg (22%), Zinc: 3.23mg (21.53%), Vitamin K: 22.04µg (20.99%), Fiber: 4.72g (18.88%), Potassium: 602.83mg (17.22%), Copper: 0.32mg (16.02%), Vitamin C: 10.46mg (12.67%), Calcium: 120.5mg (12.05%), Vitamin E: 1.75mg (11.68%), Vitamin B5: 0.96mg (9.63%), Vitamin D: 0.28µg (1.89%)