



Steamers in Beer

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



264 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup beer dark (not)
- ☐ 1 tablespoon flat-leafed parsley leaves fresh finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 shallots
- ☐ 0.3 cup butter unsalted
- ☐ 2 pounds steamers (soft-shelled clams; less than 2 inches in diameter)
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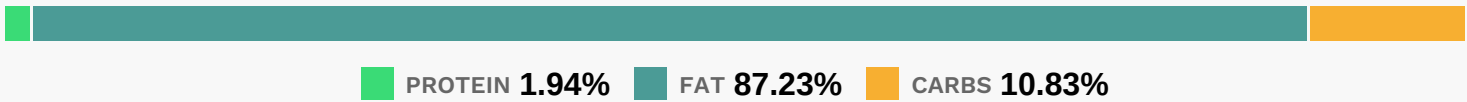
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ slotted spoon

Directions

- ☐ Scrub clams well. Finely chop shallot. In a large saucepan cook shallot in 1/4 tablespoon butter over moderate heat, stirring, until softened, 2 to 3 minutes.
- ☐ Add beer and clams and steam clams, covered, until opened, 4 to 5 minutes, transferring them as they open with a slotted spoon to a bowl. Discard any unopened clams and reserve cooking liquid. Keep clams warm.
- ☐ Pour reserved cooking liquid through a paper-towel-lined sieve into a small saucepan.
- ☐ Heat cooking liquid over moderate heat until hot and whisk in remaining 3, tablespoons butter.
- ☐ Remove pan from heat and stir in parsley and salt.
- ☐ Serve clams with dipping sauce.

Nutrition Facts



Properties

Glycemic Index:51.25, Glycemic Load:2.23, Inflammation Score:-7, Nutrition Score:4.3956521904987%

Flavonoids

Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 263.91kcal (13.2%), Fat: 23.04g (35.45%), Saturated Fat: 14.58g (91.13%), Carbohydrates: 6.43g (2.14%), Net Carbohydrates: 5.97g (2.17%), Sugar: 1.02g (1.13%), Cholesterol: 61.01mg (20.34%), Sodium: 301.15mg (13.09%), Alcohol: 4.6g (100%), Alcohol %: 3.61% (100%), Protein: 1.16g (2.31%), Vitamin K: 34.89µg (33.22%), Vitamin A: 878.07IU (17.56%), Vitamin B6: 0.1mg (5%), Vitamin E: 0.68mg (4.52%), Vitamin C: 3.66mg (4.44%), Folate: 15.22µg (3.81%), Vitamin B3: 0.67mg (3.34%), Phosphorus: 31.99mg (3.2%), Vitamin D: 0.43µg (2.84%), Magnesium: 11.28mg (2.82%), Potassium: 91.56mg (2.62%), Vitamin B2: 0.04mg (2.57%), Manganese: 0.05mg (2.55%), Calcium: 19.09mg (1.91%), Fiber: 0.47g (1.86%), Iron: 0.31mg (1.7%), Selenium: 1.14µg (1.64%), Vitamin B5: 0.12mg (1.24%), Copper: 0.02mg (1.23%), Vitamin B12: 0.07µg (1.2%), Vitamin B1: 0.02mg (1.1%)