

Tim O'Toole's Famous Stuffed Quahogs

READY IN



60 min.

SERVINGS



24

CALORIES



166 kcal

SIDE DISH

Ingredients

- 0.3 cup butter
- 0.5 cup butter
- 1 large onion coarsely chopped
- 16 ounce mild sausage links to package directions and coin
- 12 ounce bread stuffing mix kraft® stove top® (such as)
- 4 cups water

Equipment

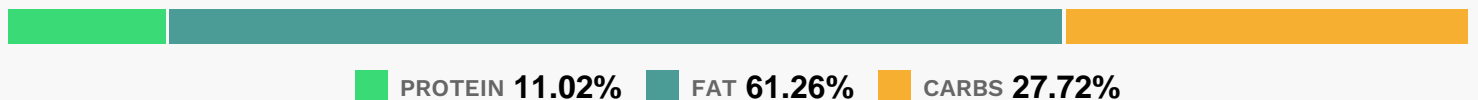
- food processor

- bowl
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Bring water to a boil over high heat.
- Add sausage links; reduce heat to medium and simmer for 10 minutes.
- Remove links from broth; reserve the broth.
- Remove casings from the sausage.
- Bring the broth back to a simmer and add the quahogs; cook until they open, 5 to 10 minutes.
- Remove the quahogs; reserve the broth.
- Remove the cooked quahogs from the shells. Separate the shell halves. If necessary wash the shells.
- Place the sausage and quahog meat into the bowl of a food processor; process until chopped, about 12 seconds, depending on your processor. Scrape mixture into a bowl.
- Add chopped onion to the processor; chop about 5 seconds. Stir in to the meat mixture.
- Make the full container of stuffing according to package directions, using the margarine, and substituting the sausage/clam broth for water. There may be more broth than you need.
- Mix together the stuffing and sausage/clam/onion mixture. Spoon filling into empty clam shell halves and top each with a small pat of butter (about a third of a teaspoon).
- Place the shells on a baking pan; bake in the preheated oven until toasty brown on top, 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:4.38, Glycemic Load:0.13, Inflammation Score:-3, Nutrition Score:3.7986956381279%

Flavonoids

Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 165.63kcal (8.28%), Fat: 11.23g (17.27%), Saturated Fat: 3.79g (23.69%), Carbohydrates: 11.43g (3.81%), Net Carbohydrates: 10.87g (3.95%), Sugar: 1.44g (1.6%), Cholesterol: 18.83mg (6.28%), Sodium: 381.38mg (16.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.54g (9.09%), Selenium: 6.86µg (9.8%), Vitamin B1: 0.14mg (9.33%), Vitamin B3: 1.72mg (8.58%), Folate: 25.31µg (6.33%), Vitamin B2: 0.08mg (4.97%), Phosphorus: 48.97mg (4.9%), Vitamin A: 242.84IU (4.86%), Manganese: 0.09mg (4.66%), Vitamin B6: 0.09mg (4.37%), Iron: 0.76mg (4.24%), Zinc: 0.56mg (3.72%), Vitamin B12: 0.17µg (2.87%), Copper: 0.05mg (2.75%), Potassium: 93.42mg (2.67%), Magnesium: 9.52mg (2.38%), Fiber: 0.56g (2.24%), Calcium: 20.06mg (2.01%), Vitamin B5: 0.2mg (1.97%), Vitamin E: 0.29mg (1.95%), Vitamin D: 0.25µg (1.64%)