

Deviled Clams

*The Bradford Inn - Bradford, NH
The Great Country Inns of America Cookbook (2nd ed) (1992)*

Servings: 4

*24 littleneck clams on the half shell
6 tablespoons butter
3 tablespoons onions, minced
1 clove garlic, minced
1 tablespoon parsley, minced
1/4 cup beer
4 slices crisp smoked bacon, crumbled
4 tablespoons bread crumbs*

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Preheat the oven to 375 degrees.

Remove the clams from the shells and coarsely chop.

In a bowl, cream together the butter, onion, garlic and parsley. Blend in the beer and then mix in the bacon and clams.

Fill the clam shells with the mixture. Sprinkle with bread crumbs. Place on a baking sheet.

Bake for 10 minutes.

Per Serving (excluding unknown items): 189 Calories; 18g Fat (83.9% calories from fat); 1g Protein; 6g Carbohydrate; trace Dietary Fiber; 47mg Cholesterol; 235mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Vegetable; 3 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	189
% Calories from Fat:	83.9%
% Calories from Carbohydrates:	13.5%
% Calories from Protein:	2.6%
Total Fat (g):	18g
Saturated Fat (g):	11g
Monounsaturated Fat (g):	5g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	47mg
Carbohydrate (g):	6g
	trace

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	12mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	6
% Refused:	0.0%

Food Exchanges

1/2

Dietary Fiber (g):
Protein (g): 1g
Sodium (mg): 235mg
Potassium (mg): 44mg
Calcium (mg): 25mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 2mg
Vitamin A (i.u.): 699IU
Vitamin A (r.e.): 166RE

Grain (Starch):
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 3 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 189 **Calories from Fat:** 159

% Daily Values*

Total Fat 18g	27%
Saturated Fat 11g	54%
Cholesterol 47mg	16%
Sodium 235mg	10%
Total Carbohydrates 6g	2%
Dietary Fiber trace	1%
Protein 1g	

Vitamin A	14%
Vitamin C	3%
Calcium	3%
Iron	3%

* Percent Daily Values are based on a 2000 calorie diet.