

Stuffed Clams

50 Antipasti
Food Network Magazine

1 cup panko
1/4 cup Parmesan cheese
1/4 cup chopped parsley
1/4 cup chopped scallions
1/4 cup chopped red bell pepper
2 cloves garlic, chopped
3 tablespoons olive oil
1/4 teaspoon Kosher salt
24 littleneck clams on the half shell
butter

Preheat the oven to 400 degrees.

In a bowl, combine the panko, parmesan, parsley, scallions, bell pepper, cloves, olive oil and salt.

Spoon the mixture into the clams. Dot with butter. Place on a baking sheet.

Bake until crisp and golden, 10 to 12 minutes.

Per Serving (excluding unknown items): 701 Calories; 49g Fat (61.8% calories from fat); 18g Protein; 50g Carbohydrate; 4g Dietary Fiber; 16mg Cholesterol; 1026mg Sodium. Exchanges: 3 Grain(Starch); 1 Lean Meat; 1 1/2 Vegetable; 9 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	701	Vitamin B6 (mg):	.2mg
% Calories from Fat:	61.8%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	28.1%	Thiamin B1 (mg):	trace
% Calories from Protein:	10.1%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	49g	Folacin (mcg):	48mcg
Saturated Fat (g):	9g	Niacin (mg):	1mg
Monounsaturated Fat (g):	32g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	4g	Alcohol (kcal):	0
Cholesterol (mg):	16mg	% Daily Value*	n n%
Carbohydrate (g):	50g	Food Exchanges	
Dietary Fiber (g):	4g	Grain (Starch):	3
Protein (g):	18g	Lean Meat:	1
Sodium (mg):	1026mg	Vegetable:	1 1/2

