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

Bar Camina Nutritianal Analysia

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 (q):	49g	Folacin (mcg):	48mcg
Saturated Fat (g):	9g	Niacin (mg):	1mg
	-	Caffeine (mg):	0mg
Monounsaturated Fat (g):	32g	Alcohol (kcal):	0
Polyunsaturated Fat (g):	4g	% Dofuso	በ በ%
Cholesterol (mg):	16mg		
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

Potassium (mg):	261mg	Fruit:	0
Calcium (mg):	327mg	Non-Fat Milk:	0
Iron (mg):	2mg	Fat:	9
Zinc (mg):	1mg	Other Carbohydrates:	0
Vitamin C (mg):	97mg		
Vitamin A (i.u.):	3132IU		
Vitamin A (r.e.):	341 1/2RE		

Nutrition Facts

Amount Per Serving			
Calories 701	Calories from Fat: 434		
	% Daily Values*		
Total Fat 49g	75%		
Saturated Fat 9g	46%		
Cholesterol 16mg	5%		
Sodium 1026mg	43%		
Total Carbohydrates 50g	17%		
Dietary Fiber 4g	16%		
Protein 18g			
Vitamin A	63%		
Vitamin C	162%		
Calcium	33%		
Iron	10%		

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