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Clam Strip Basket with Dinner Roll ♦♦

A delicious seafood dish consisting of crispy clam strips served with a warm dinner roll.
Perfect for a casual lunch or dinner.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	clam strips
4 pieces	dinner rolls
4 tbsp	vegetable oil
1 tsp	Salt
1 tsp	Pepper

Directions

Step 1

Preheating

Preheat the oven to 350°F (175°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Oven

Bake the dinner rolls according to package instructions.

Prep Time: 0 mins

Cook Time: 10 mins

Step 3

Stove

Heat vegetable oil in a deep fryer or large pot to 375°F (190°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

In a bowl, mix together the clam strips, salt, and pepper.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Frying

Carefully drop the coated clam strips into the hot oil and fry until golden brown, about 2-3 minutes.

Prep Time: 0 mins

Cook Time: 3 mins

Step 6

Draining

Remove the fried clam strips from the oil and drain on a paper towel-lined plate.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Serving

Serve the crispy clam strips with warm dinner rolls.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 10 g

Protein: 12 g

Carbohydrates: 50 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	12 g	70.59%	70.59%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	50 g	90.91%	100%
Fibers	2 g	5.26%	8%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	10 g	35.71%	40%
Cholesterol	30 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	4 mg	4.44%	5.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	200 mg	5.88%	7.69%
Zinc	6 mg	54.55%	75%
Selenium	25 mcg	45.45%	45.45%

Recipe Attributes

Events

Picnic

Kitchen Tools

Slow Cooker

Blender

Course

Soups

Sauces & Dressings

Appetizers

Snacks

Desserts

Meal Type

Lunch

Snack

Dinner

Cuisines

American

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

Low Sodium

High Vitamin C

High Iron

High Calcium

Difficulty Level

Medium

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