



Angel Hair Pasta with Clams

READY IN



13 min.

SERVINGS



4

CALORIES



249 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 ounces angel hair pasta uncooked
- 19.5 ounce clams minced canned
- 1.5 teaspoons garlic minced
- 1 teaspoon olive oil
- 2 tablespoons parmesan cheese fresh shredded
- 4 servings pepper freshly ground

Equipment

- bowl

frying pan

Directions

- Cook pasta according to package directions, omitting salt and fat.
- While pasta cooks, heat oil in a large nonstick skillet over medium heat.
- Add garlic; saute 2 minutes.
- Drain clams, reserving liquid.
- Add clam liquid to skillet, and simmer 5 minutes.
- Add clams; simmer 5 additional minutes.
- Combine drained pasta and clam mixture in a serving bowl; toss gently.
- Sprinkle with cheese and pepper.
- Serve immediately.

Nutrition Facts



PROTEIN 18.68% **FAT 9.98%** **CARBS 71.34%**

Properties

Glycemic Index:39.5, Glycemic Load:17.36, Inflammation Score:-3, Nutrition Score:9.6491305108951%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 248.75kcal (12.44%), Fat: 2.71g (4.17%), Saturated Fat: 0.75g (4.67%), Carbohydrates: 43.59g (14.53%), Net Carbohydrates: 41.73g (15.17%), Sugar: 1.55g (1.72%), Cholesterol: 7.92mg (2.64%), Sodium: 55.29mg (2.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.42g (22.83%), Selenium: 42.9µg (61.29%), Vitamin B12: 2.37µg (39.54%), Manganese: 0.57mg (28.48%), Phosphorus: 167.44mg (16.74%), Copper: 0.18mg (9.02%), Magnesium: 35.54mg (8.89%), Fiber: 1.86g (7.45%), Zinc: 0.99mg (6.59%), Iron: 1.13mg (6.27%), Vitamin B3: 1.05mg (5.26%), Calcium: 52.08mg (5.21%), Vitamin B6: 0.1mg (4.96%), Potassium: 144.13mg (4.12%), Vitamin B1: 0.06mg (3.83%), Vitamin B2: 0.05mg (3.06%), Vitamin B5: 0.29mg (2.94%), Folate: 11.47µg (2.87%), Vitamin E: 0.35mg (2.37%), Vitamin A: 82.36IU (1.65%)