



Angel Hair Pasta with Fresh Clams

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



298 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 ounces capellini uncooked (angel hair pasta)
- 0.3 cup bottled clam juice
- 2 teaspoons cornmeal
- 0.3 cup cooking wine dry white
- 1.5 teaspoons flat-leaf parsley fresh chopped
- 1.5 teaspoons garlic minced
- 12 littleneck clams
- 0.1 teaspoon pepper dried red crushed

2 cups tomatoes peeled seeded chopped

Equipment

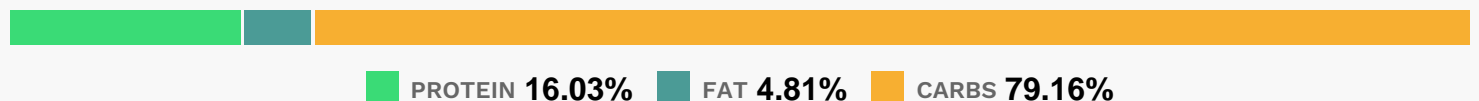
bowl

frying pan

Directions

- Scrub clams thoroughly with a brush, discarding any that are cracked or open.
- Place remaining clams in a large bowl; cover with cold water, and sprinkle with cornmeal.
- Let stand 30 minutes.
- Drain and rinse clams, discarding cornmeal. Set clams aside.
- Coat a medium nonstick skillet with cooking spray.
- Place over medium-high heat until hot.
- Add garlic, and saut 30 seconds.
- Add tomato and next 3 ingredients. Bring to a boil; reduce heat, and simmer, uncovered, 15 minutes, stirring occasionally.
- Place clams on top of tomato mixture. Cover and cook 8 minutes or until clams open.
- Remove and discard any unopened clams.
- Cook pasta according to package directions, omitting salt and fat.
- Drain.
- Remove clams from tomato mixture; set aside. Toss pasta with tomato mixture, and transfer to serving plates. Arrange clams evenly over pasta.
- Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:126.25, Glycemic Load:19.86, Inflammation Score:-8, Nutrition Score:15.082608720531%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 1.13mg, Naringenin: 1.13mg, Naringenin: 1.13mg, Naringenin: 1.13mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 298.22kcal (14.91%), Fat: 1.48g (2.28%), Saturated Fat: 0.25g (1.55%), Carbohydrates: 54.87g (18.29%), Net Carbohydrates: 50.87g (18.5%), Sugar: 6.76g (7.51%), Cholesterol: 3.78mg (1.26%), Sodium: 129.02mg (5.61%), Alcohol: 3.09g (100%), Alcohol %: 1.39% (100%), Protein: 11.11g (22.23%), Selenium: 40.3µg (57.58%), Manganese: 0.8mg (39.89%), Vitamin C: 22.69mg (27.51%), Vitamin A: 1366.62IU (27.33%), Vitamin B12: 1.43µg (23.88%), Phosphorus: 184.88mg (18.49%), Fiber: 4g (16.01%), Potassium: 551.3mg (15.75%), Magnesium: 56.24mg (14.06%), Copper: 0.28mg (14.06%), Vitamin B6: 0.28mg (13.82%), Vitamin K: 13.38µg (12.74%), Vitamin B3: 2.07mg (10.37%), Folate: 36.75µg (9.19%), Iron: 1.59mg (8.85%), Zinc: 1.27mg (8.47%), Vitamin B1: 0.13mg (8.44%), Vitamin E: 1.04mg (6.95%), Vitamin B2: 0.08mg (4.76%), Vitamin B5: 0.46mg (4.6%), Calcium: 41.5mg (4.15%)