



Clam Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



229 kcal

SAUCE

Ingredients

- ☐ 19.5 ounce clams minced undrained canned
- ☐ 4 cups cooked fettuccine hot cooked uncooked (8 ounces pasta)
- ☐ 1 teaspoon pepper red crushed
- ☐ 0.5 cup wine dry white
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 tablespoons parsley fresh minced
- ☐ 2 garlic clove minced
- ☐ 1 tablespoon olive oil

☐ 1.3 cups tomatoes chopped

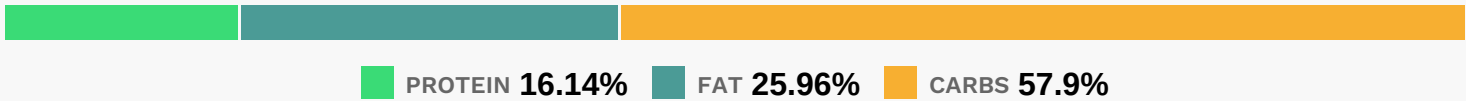
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ colander

Directions

- ☐ Drain clams in a colander over a bowl, reserving liquid.
- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add garlic; cook 30 seconds, stirring constantly.
- ☐ Add tomato, parsley, and pepper; cook 1 minute.
- ☐ Add wine; cook 30 seconds.
- ☐ Add reserved clam liquid and pasta, tossing to coat; cook 3 minutes or until liquid almost evaporates, stirring frequently. Stir in clams and basil.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:65.5, Glycemic Load:13.33, Inflammation Score:-7, Nutrition Score:12.242173855719%

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: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 229.04kcal (11.45%), Fat: 6.03g (9.28%), Saturated Fat: 0.98g (6.15%), Carbohydrates: 30.26g (10.09%), Net Carbohydrates: 28.15g (10.23%), Sugar: 2.08g (2.31%), Cholesterol: 36.09mg (12.03%), Sodium: 30.43mg (1.32%), Alcohol: 3.09g (100%), Alcohol %: 1.85% (100%), Protein: 8.44g (16.87%), Selenium: 31.31µg (44.73%), Vitamin K: 43.7µg (41.62%), Vitamin B12: 2.44µg (40.59%), Manganese: 0.48mg (24.1%), Vitamin A: 867.16IU (17.34%), Phosphorus: 142.16mg (14.22%), Vitamin C: 10.12mg (12.26%), Magnesium: 36.79mg (9.2%), Vitamin E: 1.3mg (8.69%), Fiber: 2.12g (8.48%), Iron: 1.46mg (8.09%), Copper: 0.16mg (7.94%), Vitamin B6: 0.14mg (6.83%), Zinc: 0.96mg (6.43%), Potassium: 217.52mg (6.21%), Folate: 19.9µg (4.98%), Vitamin B3: 0.92mg (4.58%), Vitamin B1: 0.06mg (4.01%), Vitamin B5: 0.38mg (3.83%), Calcium: 37.04mg (3.7%), Vitamin B2: 0.05mg (3.05%)