



Clams with Pasta

READY IN



45 min.

SERVINGS



3

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 9 ounce angel-hair pasta fresh
- ☐ 0.3 cup bottled clam juice
- ☐ 30 cherrystone clams scrubbed
- ☐ 0.3 cup parsley fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 2 tablespoons olive oil
- ☐ 0.3 whipping cream

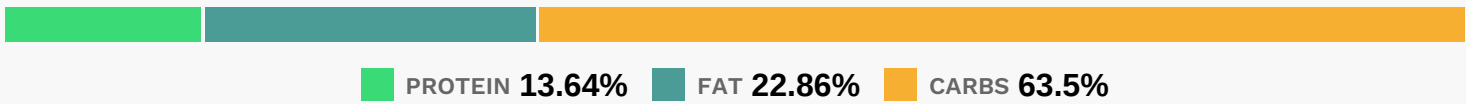
Equipment

- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Cook pasta according to package directions; drain and set aside.
- ☐ Saute garlic in hot oil in a large skillet until tender.
- ☐ Add clam juice and clams. Bring to a boil; cook, covered, 3 to 4 minutes or until shells open.
- ☐ Remove clams with a slotted spoon. Discard unopened shells. Stir in whipping cream; bring to a boil. Reduce heat, and simmer, stirring occasionally, 5 minutes.
- ☐ Add pasta, clams, and parsley, and toss gently.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:43.67, Glycemic Load:26.08, Inflammation Score:-7, Nutrition Score:19.220869406815%

Flavonoids

Apigenin: 14.37mg, Apigenin: 14.37mg, Apigenin: 14.37mg, Apigenin: 14.37mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.04mg, Myricetin: 1.04mg, Myricetin: 1.04mg, Myricetin: 1.04mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 435.87kcal (21.79%), Fat: 10.97g (16.88%), Saturated Fat: 1.59g (9.96%), Carbohydrates: 68.55g (22.85%), Net Carbohydrates: 65.44g (23.8%), Sugar: 3.23g (3.59%), Cholesterol: 6.39mg (2.13%), Sodium: 116.48mg (5.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.73g (29.45%), Vitamin K: 115.13µg (109.65%), Selenium: 60.72µg (86.74%), Manganese: 0.87mg (43.35%), Vitamin B12: 2.38µg (39.68%), Phosphorus: 213.72mg (21.37%), Copper: 0.28mg (14.17%), Magnesium: 54.47mg (13.62%), Vitamin C: 11.12mg (13.48%), Vitamin A: 665.26IU (13.31%), Fiber: 3.11g (12.44%), Iron: 2mg (11.12%), Vitamin E: 1.66mg (11.08%), Zinc: 1.43mg (9.56%), Vitamin B6: 0.18mg (9.11%), Vitamin B3: 1.69mg (8.44%), Potassium: 271.85mg (7.77%), Folate: 28.69µg (7.17%), Vitamin B1: 0.1mg (6.46%), Vitamin B5: 0.46mg (4.64%), Calcium: 42.93mg (4.29%), Vitamin B2: 0.07mg (4.27%)