



Drunken Clams over Cappellini

READY IN



25 min.

SERVINGS



4

CALORIES



676 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound angel hair pasta
- ☐ 12 ounce beer
- ☐ 1 tablespoon butter
- ☐ 36 small clams in shells scrubbed
- ☐ 0.8 cup roasted garlic cloves
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup parmesan grated
- ☐ 0.3 cup freshly parsley leaves chopped
- ☐ 4 servings salad and bottled dressing mixed green for serving, optional

☐ 0.5 cup shallots chopped

Equipment

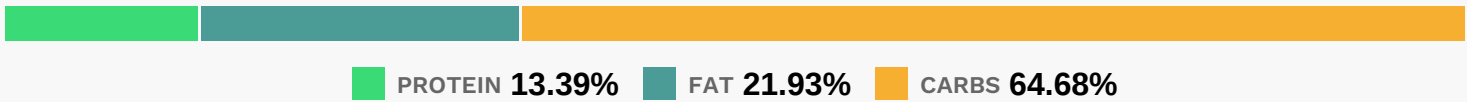
☐ frying pan

☐ tongs

Directions

- ☐ Cook capellini according to package directions.
- ☐ Meanwhile, heat oil and butter together in a large skillet.
- ☐ Add shallots and 3/4 cup roasted garlic cloves saute 3 minutes, until shallots are soft.
- ☐ Add beer and bring to a simmer.
- ☐ Add clams, cover and simmer until shells open, about 5 minutes. Using tongs, remove 12 clams and reserve for another meal.
- ☐ Drain capellini, reserving 1/2 cup pasta cooking water and add to clams in skillet, adding the reserved 1/2 cup pasta if necessary to "loosen" the sauce. Simmer 1 minute to heat through.
- ☐ Remove from heat and top with parsley and Parmesan.
- ☐ Serve with a mixed green salad and bottled dressing, if desired.

Nutrition Facts



Properties

Glycemic Index:69.63, Glycemic Load:39.05, Inflammation Score:-8, Nutrition Score:24.813043633881%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Myricetin: 0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg Gallicocatechin: 0.07mg, Gallicocatechin: 0.07mg, Gallicocatechin: 0.07mg, Gallicocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 676.1kcal (33.8%), Fat: 15.88g (24.43%), Saturated Fat: 4.5g (28.14%), Carbohydrates: 105.36g (35.12%), Net Carbohydrates: 100.13g (36.41%), Sugar: 8.72g (9.69%), Cholesterol: 15.42mg (5.14%), Sodium: 427.73mg (18.6%), Alcohol: 3.32g (100%), Alcohol %: 1.35% (100%), Protein: 21.82g (43.63%), Selenium: 81.88µg (116.97%), Manganese: 1.59mg (79.28%), Vitamin K: 80.45µg (76.62%), Phosphorus: 357.64mg (35.76%), Vitamin B6: 0.65mg (32.33%), Vitamin B12: 1.47µg (24.52%), Copper: 0.45mg (22.68%), Magnesium: 86.19mg (21.55%), Fiber: 5.23g (20.94%), Vitamin C: 15.42mg (18.69%), Calcium: 172.74mg (17.27%), Iron: 2.85mg (15.85%), Zinc: 2.32mg (15.45%), Potassium: 533.38mg (15.24%), Vitamin B3: 2.75mg (13.74%), Vitamin B1: 0.19mg (12.55%), Folate: 43.18µg (10.8%), Vitamin A: 502.19IU (10.04%), Vitamin E: 1.48mg (9.87%), Vitamin B2: 0.15mg (9.04%), Vitamin B5: 0.83mg (8.27%)