



Fettuccine with Bacon-Clam Sauce

READY IN



25 min.

SERVINGS



2

CALORIES



577 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 ounces fettuccine barilla uncooked
- 6.5 ounces clams chopped canned
- 1 tablespoon butter
- 1 garlic clove minced
- 1 tablespoon parsley fresh minced
- 0.5 teaspoon oregano dried
- 0.3 teaspoon pepper
- 0.5 cup cup heavy whipping cream
- 0.3 cup parmesan cheese grated

2 bacon crumbled cooked

Equipment

sauce pan

Directions

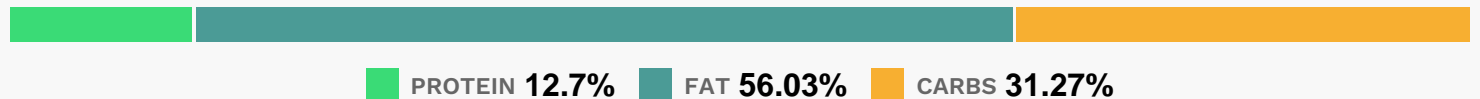
Cook fettuccine according to package directions. Meanwhile, drain clams, reserving 1/4 cup juice. In a large saucepan, combine the butter, garlic, parsley, oregano, pepper, clams and reserved juice. Bring to a boil. Reduce heat; simmer, uncovered, for 5 minutes.

Stir in the cream and Parmesan cheese; cook 2–3 minutes longer or until heated through.

Add bacon.

Drain fettuccine; stir into sauce.

Nutrition Facts



Properties

Glycemic Index:110, Glycemic Load:17.29, Inflammation Score:-8, Nutrition Score:17.966521470443%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 577.07kcal (28.85%), Fat: 36.17g (55.64%), Saturated Fat: 20.89g (130.57%), Carbohydrates: 45.41g (15.14%), Net Carbohydrates: 43.17g (15.7%), Sugar: 2.87g (3.19%), Cholesterol: 152.85mg (50.95%), Sodium: 435.42mg (18.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.45g (36.89%), Selenium: 59.44µg (84.92%), Vitamin K: 39.26µg (37.39%), Vitamin B12: 2.09µg (34.82%), Phosphorus: 315.08mg (31.51%), Manganese: 0.59mg (29.73%), Vitamin A: 1415.77IU (28.32%), Calcium: 192.13mg (19.21%), Zinc: 2.15mg (14.33%), Vitamin B2: 0.24mg (14.07%), Magnesium: 49.82mg (12.46%), Vitamin B6: 0.22mg (11.21%), Vitamin B1: 0.16mg (10.98%), Vitamin B3: 2.19mg (10.96%), Copper: 0.21mg (10.48%), Iron: 1.85mg (10.29%), Fiber: 2.24g (8.98%), Vitamin B5: 0.85mg (8.52%), Potassium: 292.55mg (8.36%), Vitamin E: 1.22mg (8.14%), Vitamin D: 1.22µg (8.11%), Folate: 24.79µg (6.2%), Vitamin C: 3.5mg (4.24%)