



Grilled Clams with Spaghetti, Prosciutto, and Mixed Greens

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



575 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 large leaves collard greens
- ☐ 0.5 cup parsley fresh chopped
- ☐ 4 garlic clove chopped
- ☐ 1 optional: lemon halved
- ☐ 8.8 pounds littleneck clams scrubbed
- ☐ 8 large leaves mustard greens
- ☐ 0.5 cup olive oil extra virgin extra-virgin

- ☐ 0.5 pound pancetta thinly sliced
- ☐ 0.8 teaspoon pepper dried red crushed
- ☐ 1 pound pasta like spaghetti
- ☐ 4 large leaves swiss chard

Equipment

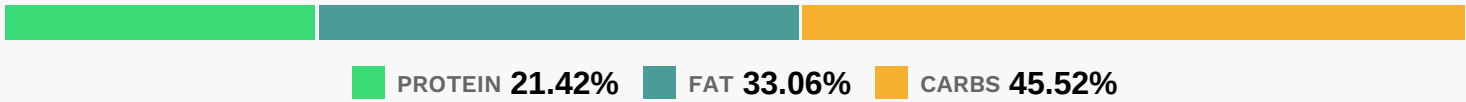
- ☐ bowl
- ☐ pot
- ☐ grill

Directions

- ☐ Heat oil in heavy large pot over medium-high heat.
- ☐ Add garlic and crushed red pepper and stir until fragrant, about 30 seconds.
- ☐ Add mustard greens, chard, and collard greens and toss until beginning to wilt, about 2 minutes.
- ☐ Remove from heat. (Can be prepared 2 hours ahead.
- ☐ Let stand at room temperature.)
- ☐ Prepare barbecue (medium-high heat). Grill prosciutto until beginning to crisp, about 1 minute per side.
- ☐ Transfer prosciutto to plate. Tear each slice lengthwise into 1-inch-wide strips; add to pot with greens. Grill clams in batches, if necessary, until each opens, about 6 minutes (discard any clams that do not open).
- ☐ Transfer clams from grill to pot.
- ☐ Meanwhile, cook spaghetti in another large pot of boiling salted water until just tender but still firm to bite.
- ☐ Drain, reserving 2 cups pasta cooking water.
- ☐ Add pasta to pot with greens, prosciutto, and clams. Squeeze juice from 1 lemon half over.
- ☐ Add parsley. Toss over medium-high heat until heated through, adding reserved pasta cooking water by 1/2 cupfuls if dry. Season with salt and pepper and more lemon juice, if desired.

Transfer pasta mixture to large shallow bowl and serve.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:24.41, Inflammation Score:-10, Nutrition Score:30.600869541583%

Flavonoids

Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 3.03mg, Kaempferol: 3.03mg, Kaempferol: 3.03mg, Kaempferol: 3.03mg Myricetin: 1.86mg, Myricetin: 1.86mg, Myricetin: 1.86mg, Myricetin: 1.86mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 574.53kcal (28.73%), Fat: 20.95g (32.22%), Saturated Fat: 5.95g (37.2%), Carbohydrates: 64.88g (21.63%), Net Carbohydrates: 60.84g (22.12%), Sugar: 2.95g (3.28%), Cholesterol: 54.71mg (18.24%), Sodium: 387.56mg (16.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.54g (61.07%), Vitamin K: 382.91µg (364.68%), Vitamin B12: 11.4µg (190.02%), Selenium: 86.54µg (123.62%), Vitamin A: 3143.16IU (62.86%), Manganese: 0.99mg (49.69%), Phosphorus: 420.52mg (42.05%), Vitamin C: 29.7mg (36%), Magnesium: 96.41mg (24.1%), Iron: 3.89mg (21.61%), Copper: 0.37mg (18.6%), Vitamin B3: 3.47mg (17.34%), Fiber: 4.04g (16.15%), Vitamin E: 2.38mg (15.88%), Vitamin B6: 0.31mg (15.59%), Zinc: 2.25mg (14.99%), Vitamin B1: 0.22mg (14.72%), Potassium: 495.14mg (14.15%), Calcium: 105.84mg (10.58%), Folate: 41.52µg (10.38%), Vitamin B2: 0.17mg (9.86%), Vitamin B5: 0.83mg (8.26%), Vitamin D: 0.15µg (1.01%)