



Macaroni and White Clam Sauce

READY IN



25 min.

SERVINGS



8

CALORIES



290 kcal

SAUCE

Ingredients

- 2 tablespoons butter
- 6.5 ounce clams minced canned
- 10 ounce baby clams whole canned
- 3 cloves garlic chopped
- 1.3 cups clam sauce white
- 16 ounce macaroni
- 4 cups water hot

Equipment

sauce pan

Directions

Combine in a large saucepan: whole baby clams, minced clams, clam sauce, butter and garlic. Bring to boil.

Add macaroni and hot water and return to boil. Cook until macaroni is al dente.

Nutrition Facts



PROTEIN 12.8% **FAT 12.08%** **CARBS 75.12%**

Properties

Glycemic Index:16.75, Glycemic Load:0.19, Inflammation Score:-3, Nutrition Score:7.8069565140683%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 289.77kcal (14.49%), Fat: 3.82g (5.88%), Saturated Fat: 1.97g (12.33%), Carbohydrates: 53.49g (17.83%), Net Carbohydrates: 51.65g (18.78%), Sugar: 10.07g (11.19%), Cholesterol: 10.16mg (3.39%), Sodium: 480.53mg (20.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.12g (18.23%), Selenium: 38.71µg (55.3%), Manganese: 0.55mg (27.31%), Vitamin B12: 1µg (16.62%), Phosphorus: 127.09mg (12.71%), Copper: 0.19mg (9.54%), Magnesium: 33.25mg (8.31%), Fiber: 1.84g (7.35%), Zinc: 0.87mg (5.81%), Vitamin B3: 1mg (5.02%), Iron: 0.9mg (4.99%), Vitamin B6: 0.1mg (4.77%), Potassium: 135.82mg (3.88%), Vitamin B1: 0.05mg (3.65%), Folate: 10.78µg (2.7%), Vitamin B5: 0.27mg (2.68%), Vitamin B2: 0.04mg (2.35%), Vitamin A: 113.88IU (2.28%), Calcium: 21.75mg (2.18%), Vitamin E: 0.2mg (1.36%)