



Orecchiette with Clams, Chiles, and Parsley

READY IN



60 min.

SERVINGS



6

CALORIES



756 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons butter
- 1 cup cooking wine dry white divided
- 2 flat-leaf parsley sprigs finely chopped
- 2 garlic cloves finely chopped
- 1 juice of lemon
- 3 pounds littleneck clams scrubbed well
- 2 pounds manila clams scrubbed well
- 3 tbsp olive oil extra-virgin divided
- 2 pounds orecchiette homemade

- 2 tablespoons parmesan cheese shredded finely
- 2 tsp chile flakes dried whole red chopped
- 6 servings sea salt
- 1 medium onion diced yellow finely

Equipment

- bowl
- frying pan
- pot
- sieve
- cheesecloth

Directions

- Bring a large pot of water to a boil. (Go easy on the salt; clams are quite salty.)
- Heat a large (not nonstick) frying pan over medium heat and swirl in 2 tbsp. oil.
- Add 2 tbsp. onion and the parsley sprigs.
- Add as many littlenecks as will fit in one layer, then pour in 1/2 cup wine.
- Crank up heat to high, cover pan, and let clams steam until they open, 2 to 3 minutes; transfer to a bowl as they open.
- Add remaining littlenecks to pan and cook the same way.
- Strain cooking liquid through a fine-mesh strainer or cheesecloth; set aside. Once clams are cool, pluck from shells and roughly chop. Set aside in a small bowl with just enough cooking liquid to cover.
- Rinse pan, then set over medium heat.
- Add 1 tbsp. oil, remaining onion, and a pinch of salt. Cook until tender, stirring occasionally, about 20 minutes. It's okay if onion picks up color, but don't let it burn; add a splash of water if you need to.
- Add chile and garlic; cook 1 minute.
- Boil orecchiette until tender to the bite, 7 to 10 minutes if fresh, 15 to 20 if dried.
- Meanwhile, add Manilas to onion and crank up heat to high.

- Add a healthy splash of clam cooking liquid or wine and cover pan. As soon as clams open, add littlenecks.
- Let reduce 2 to 3 minutes and add lemon juice and/or more wine to taste.
- Scoop out pasta and stir into clams. Taste and adjust for salt, spiciness, and acid. Pasta should be quite juicy--if not, add more spoonfuls of clam cooking liquid, wine, or pasta water. Toss in butter and cheese and allow to melt, coating pasta.
- Sprinkle with chopped parsley and spoon into bowls.
- *Because store-bought pasta is thinner than homemade, you get more pieces per pound.

Nutrition Facts

PROTEIN 16.19%

FAT 17.74%

CARBS 66.07%

Properties

Glycemic Index:46.17, Glycemic Load:46.58, Inflammation Score:-7, Nutrition Score:23.987391412096%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 756.3kcal (37.82%), Fat: 14.18g (21.81%), Saturated Fat: 4.19g (26.19%), Carbohydrates: 118.76g (39.59%), Net Carbohydrates: 113.33g (41.21%), Sugar: 5.4g (6%), Cholesterol: 28.18mg (9.39%), Sodium: 305.53mg (13.28%), Alcohol: 4.12g (100%), Alcohol %: 1.82% (100%), Protein: 29.1g (58.19%), Selenium: 113.74µg (162.49%), Vitamin B12: 6.43µg (107.25%), Manganese: 1.54mg (76.76%), Phosphorus: 427.35mg (42.74%), Magnesium: 99.28mg (24.82%), Copper: 0.49mg (24.37%), Fiber: 5.43g (21.72%), Iron: 3.24mg (18.02%), Zinc: 2.6mg (17.31%), Vitamin B3: 2.93mg (14.66%), Vitamin B6: 0.29mg (14.65%), Vitamin E: 1.94mg (12.94%), Potassium: 445.19mg (12.72%), Vitamin B1: 0.16mg (10.74%), Vitamin K: 11.26µg (10.72%), Vitamin A: 526.24IU (10.52%), Folate: 35.91µg (8.98%), Calcium: 87.49mg (8.75%), Vitamin B2: 0.14mg (8.23%), Vitamin B5: 0.81mg (8.09%), Vitamin C: 4.05mg (4.91%)