



Pasta alle Vongole

 Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



429 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup cooking wine dry white
- ☐ 0.5 cup flat-leaf parsley coarsely chopped
- ☐ 4 large garlic cloves chopped
- ☐ 1 pound pasta dried
- ☐ 4 lbs littleneck clams rinsed scrubbed
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 3 large plum tomatoes chopped
- ☐ 0.3 teaspoon chile flakes red

☐ 1 large shallots chopped

Equipment

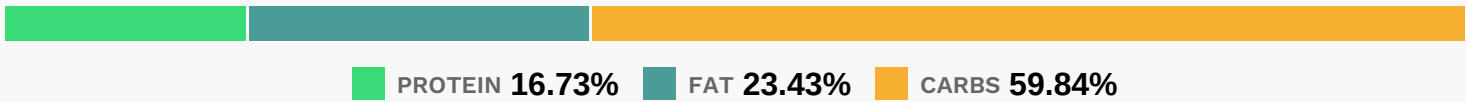
☐ frying pan

☐ pot

Directions

- ☐ Bring a large pot of salted water to a boil for pasta. Meanwhile, saut shallot and garlic in oil in another large pot over medium-high heat until softened, 3 minutes.
- ☐ Add 1/2 cup wine and cook 1 minute. Stir in chile flakes and tomatoes; cook 1 to 2 minutes.
- ☐ Boil pasta 5 to 6 minutes, or until halfway done. Meanwhile, add clams to garlic mixture, increase heat to high, and cook, covered, 5 minutes.
- ☐ Scoop out 3/4 cup pasta water and reserve.
- ☐ Drain pasta and add to pan with clams. Cook together, covered, stirring occasionally, until pasta is al dente and clams have opened, 5 to 6 minutes.
- ☐ Add some pasta water or more wine if you want a juicier sauce. Discard any unopened clams. Toss pasta and clams with parsley.

Nutrition Facts



Properties

Glycemic Index:35.67, Glycemic Load:23.93, Inflammation Score:-7, Nutrition Score:21.379130550053%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 429.04kcal (21.45%), Fat: 10.7g (16.47%), Saturated Fat: 1.56g (9.73%), Carbohydrates: 61.51g (20.5%), Net Carbohydrates: 58.35g (21.22%), Sugar: 3.42g (3.8%), Cholesterol: 13.61mg (4.54%), Sodium: 37.67mg (1.64%), Alcohol: 2.06g (100%), Alcohol %: 1.36% (100%), Protein: 17.2g (34.41%), Selenium: 62.03µg (88.62%), Vitamin K: 90.27µg (85.97%), Vitamin B12: 5.13µg (85.43%), Manganese: 0.85mg (42.28%), Phosphorus: 252.44mg (25.24%), Vitamin A: 840.56IU (16.81%), Magnesium: 58.09mg (14.52%), Vitamin C: 11.85mg (14.37%), Copper: 0.28mg (13.98%), Iron: 2.31mg (12.86%), Vitamin E: 1.93mg (12.85%), Fiber: 3.16g (12.64%), Zinc: 1.47mg (9.81%), Vitamin B6: 0.19mg (9.61%), Potassium: 328.47mg (9.38%), Vitamin B3: 1.75mg (8.74%), Folate: 29.83µg (7.46%), Vitamin B1: 0.1mg (6.55%), Calcium: 50.89mg (5.09%), Vitamin B2: 0.08mg (4.77%), Vitamin B5: 0.47mg (4.74%)