



Pasta with Clam Sauce

READY IN



60 min.

SERVINGS



6

CALORIES



962 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 large head broccoli cut into florets
- ☐ 0.8 cup butter divided
- ☐ 14.5 ounce chicken broth canned
- ☐ 13 ounce clams minced drained canned
- ☐ 0.5 teaspoon parsley dried
- ☐ 0.3 cup flour all-purpose
- ☐ 1 pound mushrooms fresh sliced
- ☐ 0.3 teaspoon garlic powder
- ☐ 1 bell pepper diced green

- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 pint heavy cream
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.3 cup parmesan cheese grated
- ☐ 1 pound fettuccini pasta

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ colander

Directions

- ☐ In a large skillet over medium heat, cook mushrooms and bell pepper in 2 tablespoons butter until tender.
- ☐ Remove from heat and set aside.
- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook for 8 to 10 minutes or until al dente; drain. Steam broccoli in colander over pasta water, or in steamer, until bright green, 5 to 10 minutes.
- ☐ Toss cooked pasta with 1/4 cup butter, Parmesan, oregano, parsley, garlic powder and black pepper. Cover and set aside to keep warm.
- ☐ In a medium saucepan over medium heat, melt 1/2 cup butter. Dump in flour all at once and whisk until smooth.
- ☐ Whisk in cream and chicken broth a little at a time and cook until mixture thickens. Stir in clams and reserved broccoli, mushrooms and bell pepper.
- ☐ Heat through and toss with pasta.
- ☐ Serve at once.

Nutrition Facts



 **PROTEIN 15.14%**  **FAT 55.56%**  **CARBS 29.3%**

Properties

Glycemic Index:51.67, Glycemic Load:26.94, Inflammation Score:-9, Nutrition Score:32.0999999966829%

Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 1.34mg, Luteolin: 1.34mg, Luteolin: 1.34mg, Luteolin: 1.34mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 3.98mg, Kaempferol: 3.98mg, Kaempferol: 3.98mg, Kaempferol: 3.98mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 962.14kcal (48.11%), Fat: 59.97g (92.26%), Saturated Fat: 35.26g (220.35%), Carbohydrates: 71.16g (23.72%), Net Carbohydrates: 66.08g (24.03%), Sugar: 7.2g (8%), Cholesterol: 190.77mg (63.59%), Sodium: 637.95mg (27.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.78g (73.56%), Selenium: 77.42µg (110.6%), Vitamin C: 63.22mg (76.63%), Vitamin K: 60.7µg (57.81%), Vitamin A: 2445.81IU (48.92%), Manganese: 0.93mg (46.4%), Phosphorus: 453.89mg (45.39%), Vitamin B2: 0.69mg (40.34%), Vitamin B12: 1.99µg (33.12%), Vitamin B3: 6.49mg (32.47%), Copper: 0.56mg (27.83%), Zinc: 3.89mg (25.96%), Vitamin B6: 0.49mg (24.42%), Potassium: 812.76mg (23.22%), Magnesium: 83.68mg (20.92%), Vitamin B5: 2.05mg (20.54%), Fiber: 5.08g (20.3%), Folate: 76.46µg (19.12%), Iron: 3.26mg (18.12%), Vitamin B1: 0.24mg (15.87%), Calcium: 156.82mg (15.68%), Vitamin E: 2.28mg (15.22%), Vitamin D: 1.5µg (10.02%)