



Pasta with Clam Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



275 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 servings garnish: basil leaves fresh
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup cooking wine dry white
- ☐ 0.5 cup basil fresh chopped
- ☐ 0.5 cup parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 20 ounce clams in juice whole undrained canned
- ☐ 12 ounces pasta uncooked

☐ 2 tablespoons vegetable oil

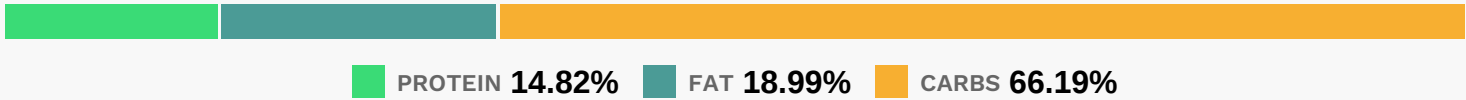
Equipment

☐ frying pan

Directions

- ☐ Drain clams, and reserve juice. Cook reserved clam juice in a small skillet over medium heat 15 minutes or until reduced by half; set aside.
- ☐ Cook pasta according to package directions, and drain.
- ☐ Meanwhile, heat oil in a large skillet over medium-high heat, add garlic, and cook until golden.
- ☐ Add reduced clam juice and parsley; cook 2 minutes or until parsley is tender. Stir in clams, wine, and basil, and cook 5 minutes or until wine has reduced by half.
- ☐ Add pasta and black pepper, tossing well to coat.
- ☐ Garnish, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:53, Glycemic Load:17.38, Inflammation Score:-6, Nutrition Score:14.559130606444%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 275.24kcal (13.76%), Fat: 5.6g (8.61%), Saturated Fat: 0.89g (5.53%), Carbohydrates: 43.91g (14.64%), Net Carbohydrates: 41.82g (15.21%), Sugar: 1.67g (1.86%), Cholesterol: 4.25mg (1.42%), Sodium: 14.99mg (0.65%), Alcohol: 1.03g (100%), Alcohol %: 1.37% (100%), Protein: 9.83g (19.66%), Vitamin K: 107.22µg (102.11%), Selenium: 40.34µg (57.63%), Manganese: 0.62mg (31.25%), Vitamin B12: 1.6µg (26.7%), Phosphorus: 143.83mg (14.38%), Vitamin A: 675.27IU (13.51%), Copper: 0.2mg (9.94%), Magnesium: 39.2mg (9.8%), Vitamin C: 7.68mg (9.31%), Fiber: 2.09g (8.34%), Iron: 1.46mg (8.09%), Zinc: 0.98mg (6.55%), Vitamin B3: 1.13mg (5.67%), Vitamin B6: 0.11mg (5.51%), Folate: 21.38µg (5.34%), Potassium: 184.68mg (5.28%), Vitamin B1: 0.06mg (4.09%), Vitamin E: 0.6mg (4.01%), Calcium: 34.49mg (3.45%), Vitamin B5: 0.31mg (3.05%), Vitamin B2: 0.05mg (2.96%)