



Pasta with Fresh Tomato Sauce and Clams

READY IN



32 min.

SERVINGS



4

CALORIES



307 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon balsamic vinegar
- 1 tablespoon butter
- 6.5 tablespoons chives fresh divided chopped
- 2.5 tablespoons garlic divided minced
- 0.5 teaspoon pepper black
- 0.8 teaspoon kosher salt
- 1 tablespoon kosher salt
- 16 littleneck clams
- 1 tablespoon olive oil

- 5 cups tomatoes chopped (4 large)
- 2 quarts water
- 8 ounces spaghetti whole-wheat uncooked

Equipment

- bowl
- frying pan
- sauce pan
- colander

Directions

- Combine tomatoes, 1/3 cup chives, 1 tablespoon garlic, vinegar, 3/4 teaspoon salt, and pepper in a large bowl; let stand 15 minutes.
- Drain mixture in a colander over a bowl, reserving liquid.
- While the tomatoes stand, bring 2 quarts water to a boil in a large saucepan.
- Add 1 tablespoon salt and pasta. Cook the pasta for 10 minutes or until al dente, and drain.
- Heat butter, olive oil, and remaining 1 1/2 tablespoons garlic in a large skillet over low heat; cook 4 minutes or until fragrant. Increase the heat to medium-high.
- Add reserved tomato liquid, and bring to a boil; cook until reduced to 1/2 cup (about 6 minutes).
- Add clams; cover and cook 4 minutes or until shells open.
- Remove clams from pan, and discard any unopened shells.
- Add reserved tomato mixture and pasta to pan; cook for 2 minutes or until thoroughly heated. Top with the remaining chives.
- Sustainable Choice: Because they help filter the water in which they live, clams and other bivalves are sustainable superstars.

Nutrition Facts



PROTEIN 14.34% FAT 21.07% CARBS 64.59%

Properties

Glycemic Index:68, Glycemic Load:2.86, Inflammation Score:-9, Nutrition Score:22.756521867669%

Flavonoids

Naringenin: 1.27mg, Naringenin: 1.27mg, Naringenin: 1.27mg, Naringenin: 1.27mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 307.16kcal (15.36%), Fat: 7.65g (11.78%), Saturated Fat: 2.51g (15.69%), Carbohydrates: 52.8g (17.6%), Net Carbohydrates: 50.27g (18.28%), Sugar: 5.64g (6.27%), Cholesterol: 10.05mg (3.35%), Sodium: 2246.89mg (97.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.72g (23.44%), Manganese: 2.1mg (104.81%), Selenium: 44.77µg (63.95%), Vitamin A: 1878.15IU (37.56%), Vitamin C: 29.91mg (36.25%), Magnesium: 112.23mg (28.06%), Vitamin K: 27.96µg (26.63%), Vitamin B1: 0.36mg (24.07%), Copper: 0.48mg (23.81%), Phosphorus: 220.09mg (22.01%), Vitamin B3: 4.12mg (20.58%), Potassium: 610.79mg (17.45%), Vitamin B6: 0.35mg (17.29%), Folate: 66.09µg (16.52%), Iron: 2.95mg (16.4%), Vitamin B12: 0.96µg (15.92%), Zinc: 1.85mg (12.34%), Vitamin E: 1.66mg (11.1%), Fiber: 2.53g (10.1%), Vitamin B5: 0.79mg (7.89%), Vitamin B2: 0.13mg (7.8%), Calcium: 76.72mg (7.67%)