



Pasta With White Clam Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



762 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

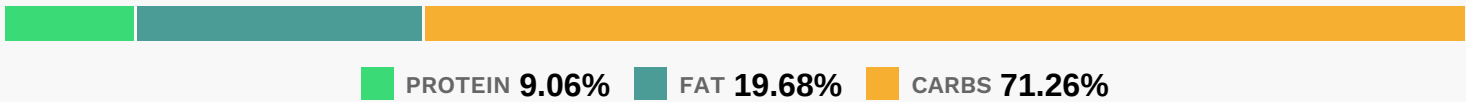
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 teaspoon garlic minced
- ☐ 1.3 cups clam sauce white
- ☐ 1 teaspoon juice of lemon
- ☐ 2 tablespoons olive oil
- ☐ 4 tablespoons onion chopped
- ☐ 8 ounces soup noodles
- ☐ 4 tablespoons white wine

Equipment

Directions

- ☐ Begin preparing pasta. While preparing pasta, saute onions and garlic in olive oil.
- ☐ Add all ingredients except can of clam sauce.
- ☐ Heat on medium. Once mixture is heated, reduce heat to medium low and add clam sauce.
- ☐ Heat slowly.
- ☐ Once pasta is done, combine with sauce mixture and garnish with parmesan cheese. Enjoy!

Nutrition Facts



Properties

Glycemic Index:57, Glycemic Load:34.71, Inflammation Score:-5, Nutrition Score:14.85869571437%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

Nutrients (% of daily need)

Calories: 761.66kcal (38.08%), Fat: 15.97g (24.56%), Saturated Fat: 2.27g (14.18%), Carbohydrates: 130.09g (43.36%), Net Carbohydrates: 125.9g (45.78%), Sugar: 38.44g (42.71%), Cholesterol: 0mg (0%), Sodium: 1792.27mg (77.92%), Alcohol: 3.09g (100%), Alcohol %: 1.19% (100%), Protein: 16.53g (33.06%), Selenium: 72.12µg (103.02%), Manganese: 1.13mg (56.73%), Phosphorus: 229.52mg (22.95%), Copper: 0.35mg (17.33%), Fiber: 4.18g (16.73%), Magnesium: 66.37mg (16.59%), Vitamin E: 2.34mg (15.6%), Vitamin B6: 0.23mg (11.51%), Zinc: 1.71mg (11.39%), Vitamin B3: 2.05mg (10.27%), Iron: 1.79mg (9.94%), Potassium: 321.86mg (9.2%), Vitamin K: 9.3µg (8.85%), Vitamin B1: 0.12mg (7.84%), Folate: 25.2µg (6.3%), Vitamin B5: 0.54mg (5.44%), Vitamin B2: 0.08mg (4.98%), Calcium: 35.77mg (3.58%), Vitamin C: 2.92mg (3.54%), Vitamin A: 148.93IU (2.98%)