



Quick Clam Spaghetti

READY IN



35 min.

SERVINGS



8

CALORIES



276 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 13 ounce clams with juice chopped canned
- 8 servings parsley fresh for garnish
- 2 cloves garlic chopped
- 2 tablespoons olive oil
- 0.5 cup parmesan cheese grated
- 16 ounce pasta like spaghetti uncooked

Equipment

- bowl

frying pan

pot

Directions

Bring a large pot of lightly salted water to a boil.

Add spaghetti, cook for 8 to 10 minutes, until al dente, and drain.

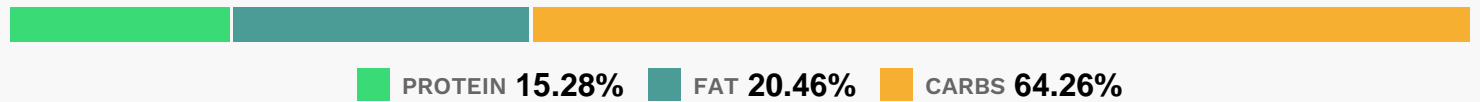
Heat the oil in a skillet over medium heat, and saute the garlic 1 minute, until tender.

Mix in the clams and juice. Cook, stirring occasionally, until liquid is reduced to about 1/2 cup.

In a large bowl, toss the spaghetti with the sauteed clams, chopped parsley, and Parmesan cheese.

Garnish with parsley sprigs to serve.

Nutrition Facts



Properties

Glycemic Index:16.38, Glycemic Load:17.19, Inflammation Score:-5, Nutrition Score:12.063043696077%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 276.11kcal (13.81%), Fat: 6.21g (9.55%), Saturated Fat: 1.63g (10.17%), Carbohydrates: 43.86g (14.62%), Net Carbohydrates: 41.9g (15.24%), Sugar: 1.56g (1.73%), Cholesterol: 7.51mg (2.5%), Sodium: 119.08mg (5.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.43g (20.85%), Vitamin K: 67.9µg (64.66%), Selenium: 40.25µg (57.49%), Manganese: 0.55mg (27.5%), Phosphorus: 163.94mg (16.39%), Vitamin B12: 0.87µg (14.42%), Magnesium: 35.74mg (8.93%), Copper: 0.18mg (8.91%), Vitamin A: 411.82IU (8.24%), Fiber: 1.96g (7.85%), Zinc: 1.16mg (7.71%), Calcium: 76.76mg (7.68%), Vitamin C: 5.55mg (6.73%), Iron: 1.16mg (6.43%), Vitamin B3: 1.05mg (5.25%), Vitamin B6: 0.1mg (4.96%), Potassium: 166.32mg (4.75%), Vitamin E: 0.68mg (4.51%), Folate: 17.03µg (4.26%), Vitamin B1: 0.06mg (3.91%), Vitamin B2: 0.06mg (3.71%), Vitamin B5: 0.3mg (2.95%)