Spaghetti alle Vongole

Dairy Free

READY IN	SERVINGS	CALORIES
25 min.	4	709 kcal

SIDE DISH | LUNCH | MAIN COURSE | MAIN DISH

Ingredients

- [ ] 1 cup bottled clam juice
- [ ] 3 pounds shell clams hard
- [ ] 1 cup cooking wine dry white
- [ ] 2 large cloves garlic finely chopped
- [ ] 0.3 cup olive oil
- [ ] 1 cup parsley leaves fresh italian finely chopped
- [ ] 1 small a pinch of pepper flakes dried red crushed
- [ ] 4 servings salt

- [ ] 1 pound pasta like spaghetti

Equipment

- [ ] bowl
- [ ] frying pan
- [ ] sauce pan
- [ ] pot

Directions

- [ ] Watch how to make this recipe.
- [ ] In a large saucepan over medium heat, warm the garlic and chile pepper in the olive oil until the garlic is golden brown, about 1 minute.
- [ ] Add the clams, clam juice and wine. Cover and simmer over medium heat, shaking the pan occasionally until all the clams open.
- [ ] While the clams are simmering, bring a large pot of salted water to a boil.
- [ ] Add the pasta and cook, stirring frequently, until al dente.
- [ ] Drain the pasta and transfer to a large bowl.
- [ ] Add the clam sauce and parsley and toss well.
- [ ] Serve immediately.

Nutrition Facts

PROTEIN **14.06%** FAT **27.85%** CARBS **58.09%**

Properties

Glycemic Index:36.5, Glycemic Load:35.05, Inflammation Score:-9, Nutrition Score:28.224782632745%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 32.34mg, Apigenin: 32.34mg, Apigenin: 32.34mg, Apigenin: 32.34mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin:

0.19mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 709.01kcal (35.45%), Fat: 20.45g (31.46%), Saturated Fat: 2.92g (18.22%), Carbohydrates: 95.99g (32%), Net Carbohydrates: 91.59g (33.31%), Sugar: 5.71g (6.34%), Cholesterol: 15.31mg (5.1%), Sodium: 455.71mg (19.81%), Alcohol: 6.18g (100%), Alcohol %: 2.46% (100%), Protein: 23.23g (46.46%), Vitamin K: 257.34µg (245.09%), Selenium: 87.81µg (125.45%), Vitamin B12: 5.78µg (96.4%), Manganese: 1.22mg (61.12%), Phosphorus: 343.74mg (34.37%), Vitamin A: 1512.36IU (30.25%), Vitamin C: 23.38mg (28.33%), Vitamin E: 3.25mg (21.68%), Magnesium: 86.67mg (21.67%), Copper: 0.4mg (20.08%), Iron: 3.61mg (20.08%), Fiber: 4.4g (17.6%), Zinc: 2.16mg (14.39%), Vitamin B6: 0.26mg (13.24%), Potassium: 461.41mg (13.18%), Folate: 51.15µg (12.79%), Vitamin B3: 2.52mg (12.59%), Vitamin B1: 0.14mg (9.41%), Calcium: 77.64mg (7.76%), Vitamin B2: 0.12mg (7.13%), Vitamin B5: 0.71mg (7.1%)