



Spaghetti Alle Vongole

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



651 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 pounds littleneck clams scrubbed
- 2 tablespoons parsley fresh roughly chopped
- 1 garlic clove thinly sliced
- 2 servings kosher salt
- 4 tablespoons olive oil extra virgin extra-virgin divided
- 0.3 teaspoon pepper red crushed
- 6 ounces pasta like spaghetti
- 0.3 cup wine

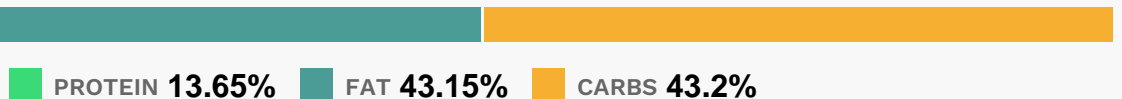
Equipment

- bowl
- frying pan
- pot
- tongs

Directions

- Bring 3 quarts water to a boil in a 5 quart pot. Season lightly with salt; add pasta and cook, stirring occasionally, until about 2 minutes before tender.
- Drain, reserving 1/2 cup pasta cooking water.
- Meanwhile, heat 3 tablespoons oil in a large skillet over medium heat.
- Add garlic and cook, swirling pan often, until just golden.
- Add red pepper flakes and continue cooking 15 more seconds.
- Add wine, then clams; increase heat to high. Cover skillet and cook until clams open and release their juices, 3-6 minutes, depending on size of clams. As clams open, use tongs to transfer them to a bowl.
- Add 1/4 cup of the reserved pasta water to skillet; bring to a boil.
- Add pasta to pan. Cook over high heat, tossing constantly, until pasta is al dente and has soaked up some of the sauce from the pan.
- Add clams and any juices from bowl to pan, along with parsley, and toss to combine. (
- Add more pasta water if sauce seems dry.)
- Transfer pasta to warm bowls and drizzle with remaining oil.

Nutrition Facts



Properties

Glycemic Index: 73, Glycemic Load: 26.48, Inflammation Score: -7, Nutrition Score: 23.005217386329%

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 Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 650.54kcal (32.53%), Fat: 30.01g (46.17%), Saturated Fat: 4.24g (26.5%), Carbohydrates: 67.59g (22.53%), Net Carbohydrates: 64.62g (23.5%), Sugar: 2.63g (2.92%), Cholesterol: 20.41mg (6.8%), Sodium: 245.65mg (10.68%), Alcohol: 3.09g (100%), Alcohol %: 1.8% (100%), Protein: 21.36g (42.72%), Vitamin B12: 7.69µg (128.14%), Selenium: 74.87µg (106.96%), Vitamin K: 83.09µg (79.13%), Manganese: 0.91mg (45.45%), Vitamin E: 4.71mg (31.43%), Phosphorus: 306.22mg (30.62%), Magnesium: 63.76mg (15.94%), Iron: 2.76mg (15.36%), Copper: 0.3mg (14.81%), Vitamin A: 615.34IU (12.31%), Fiber: 2.97g (11.89%), Zinc: 1.65mg (11.02%), Vitamin B3: 1.81mg (9.04%), Vitamin B6: 0.17mg (8.5%), Potassium: 275.63mg (7.88%), Vitamin C: 5.79mg (7.02%), Vitamin B1: 0.1mg (6.35%), Folate: 25.21µg (6.3%), Calcium: 56.56mg (5.66%), Vitamin B2: 0.09mg (5.33%), Vitamin B5: 0.51mg (5.08%)