



Spaghetti Alle Vongole

 Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



515 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 servings pepper flakes minced
- ☐ 1 pound clams
- ☐ 3 tablespoons wine dry white
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 7 grams flat parsley (a small handful)
- ☐ 2 medium cloves garlic
- ☐ 6.4 ounces pasta like spaghetti dry

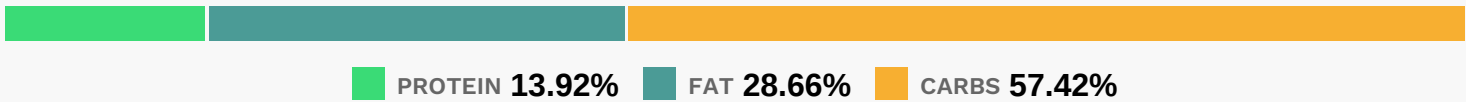
Equipment

☐ frying pan

Directions

- ☐ As soon as you buy the clams, put them in a large container and fill with salt water (it should taste like the sea). Over the next day or two watch the water as the clams spit out sand. If you see a lot of sand accumulating on the bottom, rinse the clams and change the water. When you're ready to make the pasta, boil the spaghetti for one minute less than the time specified on the package in lightly salted water. This is because it will finish cooking in the sauce When the pasta is about 3 minutes away from being done, add the olive oil, garlic and chili peppers to a large pan over medium heat until the garlic starts to sizzle and becomes fragrant.
- ☐ Add the clams and wine and then cover the pan with a lid.
- ☐ Let the clams steam until half of them are open.
- ☐ Remove the lid and turn up the heat to high and boil the mixture until the rest of the clams open. If some clams don't open, discard the ones that don't open.
- ☐ Drain the pasta and add it to the clams along with the parsley. Toss to coat and serve immediately.

Nutrition Facts



Properties

Glycemic Index:95.5, Glycemic Load:28.08, Inflammation Score:-7, Nutrition Score:20.536956413932%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 7.55mg, Apigenin: 7.55mg, Apigenin: 7.55mg, Apigenin: 7.55mg 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: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 515.13kcal (25.76%), Fat: 15.77g (24.27%), Saturated Fat: 2.26g (14.1%), Carbohydrates: 71.11g (23.7%), Net Carbohydrates: 67.9g (24.69%), Sugar: 3.21g (3.57%), Cholesterol: 10.21mg (3.4%), Sodium: 29.23mg (1.27%), Alcohol: 2.32g (100%), Alcohol %: 1.66% (100%), Protein: 17.24g (34.47%), Selenium: 67.8µg (96.85%), Vitamin K: 67.53µg (64.31%), Vitamin B12: 3.84µg (64.07%), Manganese: 0.96mg (47.75%), Phosphorus: 252.45mg (25.24%), Vitamin C: 19.96mg (24.2%), Vitamin E: 2.44mg (16.29%), Copper: 0.31mg (15.31%), Magnesium: 61.22mg (15.3%), Fiber: 3.21g (12.84%), Iron: 2.23mg (12.4%), Vitamin B6: 0.23mg (11.67%), Zinc: 1.57mg (10.45%), Vitamin A: 492.37IU (9.85%), Vitamin B3: 1.86mg (9.32%), Potassium: 296.11mg (8.46%), Vitamin B1: 0.1mg (6.9%), Folate: 25.84µg (6.46%), Vitamin B2: 0.09mg (5.08%), Vitamin B5: 0.5mg (5%), Calcium: 45.99mg (4.6%)