



Spaghetti alle vongole

 Dairy Free

READY IN



27 min.

SERVINGS



2

CALORIES



457 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 140 g pasta like spaghetti
- ☐ 500 g clams fresh
- ☐ 2 tomatoes ripe
- ☐ 2 servings olive oil
- ☐ 1 garlic clove chopped
- ☐ 1 small pepper flakes fresh red finely chopped
- ☐ 1 tablespoon wine (half a small glass)
- ☐ 2 servings parsley chopped

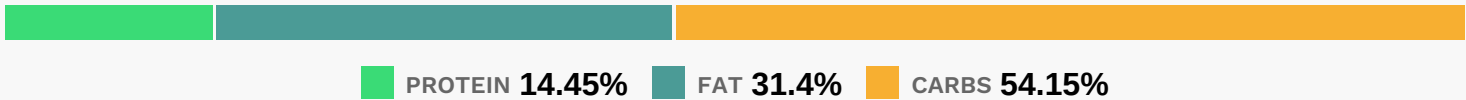
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Put the water for the spaghetti on to boil. Rinse the clams in several changes of cold water. Discard any that are open or damaged. Cover the tomatoes with boiling water, leave for 1 min, then drain and slip off the skins,
- ☐ Remove the seeds and chop the flesh.
- ☐ Cook spaghetti according to pack instructions. Meanwhile, heat the oil in a large pan, add the garlic and chilli, then fry gently for a few seconds. Stir in the tomatoes, then add the clams and a splash of wine, salt and pepper and bring to the boil. Cover the pan and cook for 3–4 mins, until the clams are open.
- ☐ Drain the pasta, then tip into the pan with the parsley and toss together.
- ☐ Serve in bowls with bread for mopping up the juices.

Nutrition Facts



Properties

Glycemic Index:114.5, Glycemic Load:23.58, Inflammation Score:-9, Nutrition Score:25.297825751097%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.86mg, Naringenin: 0.86mg, Naringenin: 0.86mg, Naringenin: 0.86mg Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 456.67kcal (22.83%), Fat: 15.8g (24.31%), Saturated Fat: 2.25g (14.04%), Carbohydrates: 61.32g (20.44%), Net Carbohydrates: 57.1g (20.76%), Sugar: 6.42g (7.13%), Cholesterol: 11.25mg (3.75%), Sodium: 36.53mg (1.59%),

Alcohol: 0.77g (100%), Alcohol %: 0.35% (100%), Protein: 16.36g (32.73%), Vitamin K: 87.1µg (82.95%), Selenium: 56.05µg (80.07%), Vitamin B12: 4.24µg (70.63%), Vitamin C: 54.97mg (66.63%), Manganese: 0.9mg (44.82%), Vitamin A: 1688.38IU (33.77%), Phosphorus: 251.71mg (25.17%), Vitamin E: 3.2mg (21.32%), Vitamin B6: 0.34mg (17.07%), Fiber: 4.22g (16.87%), Copper: 0.33mg (16.73%), Magnesium: 66.06mg (16.51%), Potassium: 570.95mg (16.31%), Iron: 2.45mg (13.63%), Vitamin B3: 2.4mg (12.01%), Folate: 44.3µg (11.08%), Zinc: 1.51mg (10.1%), Vitamin B1: 0.14mg (9.14%), Vitamin B2: 0.11mg (6.26%), Vitamin B5: 0.54mg (5.4%), Calcium: 53.83mg (5.38%)