



Spaghetti and Clams

READY IN



25 min.

SERVINGS



4

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 garlic clove thinly sliced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 pounds manila clams scrubbed
- ☐ 1 tablespoon parmesan cheese grated
- ☐ 1 tablespoon butter unsalted
- ☐ 8 ounces pasta like spaghetti whole wheat

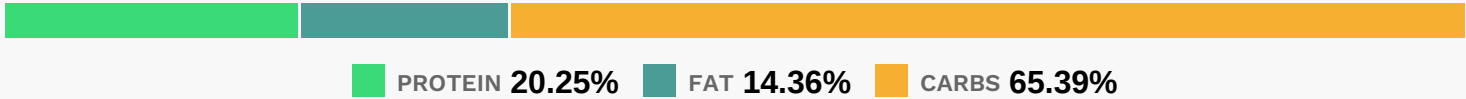
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ tongs

Directions

- ☐ Cook spaghetti according to package directions. Reserve 1/2 cup of the cooking water before draining.
- ☐ Drain pasta and set aside.
- ☐ Melt butter in a large skillet over medium heat.
- ☐ Add garlic and cook 1 minute.
- ☐ Add clams, crushed red pepper, lemon juice, and 1/2 cup cooking water; stir gently to combine. Cover and simmer until clams open and release their juices, about 6 minutes. Use tongs to transfer clams to a bowl.
- ☐ Add cooked pasta and parmesan to the skillet with sauce. Cook, tossing, 3 minutes or until slightly thickened. Divide into 4 shallow bowls and serve.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:0.4, Inflammation Score:-5, Nutrition Score:17.146956635558%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 259.22kcal (12.96%), Fat: 4.34g (6.68%), Saturated Fat: 2.21g (13.79%), Carbohydrates: 44.48g (14.83%), Net Carbohydrates: 44.41g (16.15%), Sugar: 0.11g (0.13%), Cholesterol: 18.82mg (6.27%), Sodium: 48.06mg (2.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.77g (27.55%), Manganese: 1.78mg (88.87%), Selenium: 52.41µg (74.87%), Vitamin B12: 3.87µg (64.45%), Phosphorus: 224.23mg (22.42%), Magnesium: 88.65mg (22.16%), Vitamin B1: 0.28mg (19%), Vitamin B3: 3.05mg (15.27%), Iron: 2.65mg (14.74%), Copper: 0.28mg (14.03%), Zinc:

1.59mg (10.6%), Folate: 35.01µg (8.75%), Vitamin B6: 0.14mg (7.23%), Vitamin B5: 0.63mg (6.27%), Vitamin B2: 0.1mg (6.04%), Calcium: 49.83mg (4.98%), Vitamin A: 237.69IU (4.75%), Potassium: 150mg (4.29%), Vitamin E: 0.37mg (2.49%), Vitamin C: 1.69mg (2.04%)