



Spaghetti with Black Beans and Clams

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



260 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 18 oz clams chopped canned
- ☐ 0.3 cup cooking wine dry white
- ☐ 2 tablespoons fermented black beans (see note above)
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 tablespoons garlic minced
- ☐ 2 teaspoons salad oil
- ☐ 8 ounces soba noodles dried

Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Rinse and drain black beans; mince.
- ☐ Drain clams, reserving 3/4 cup juice.
- ☐ In a 5- to 6-quart pan over high heat, bring 3 quarts water to a boil.
- ☐ Add spaghetti and cook, stirring occasionally, until tender to bite, 7 to 9 minutes; drain. Rinse in cold water.
- ☐ In the same pan, heat oil over medium-high heat.
- ☐ Add black beans, garlic, and, if desired, chili flakes; stir until fragrant, 1 to 2 minutes.
- ☐ Add clams, reserved clam juice, and wine. Bring to a boil and cook for 1 minute. Stir in spaghetti and cook until heated through, 1 to 2 minutes.
- ☐ Pour into a serving bowl and sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:39.13, Glycemic Load:22.83, Inflammation Score:-4, Nutrition Score:10.057391296262%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 260.14kcal (13.01%), Fat: 3.41g (5.25%), Saturated Fat: 0.36g (2.27%), Carbohydrates: 45.74g (15.25%), Net Carbohydrates: 44.93g (16.34%), Sugar: 0.44g (0.49%), Cholesterol: 5.74mg (1.91%), Sodium: 461.96mg (20.09%), Alcohol: 1.54g (100%), Alcohol %: 1.86% (100%), Protein: 13.35g (26.71%), Manganese: 0.84mg (41.85%), Vitamin B12: 2.16µg (36.04%), Phosphorus: 191.2mg (19.12%), Vitamin B1: 0.28mg (18.96%), Magnesium: 60.26mg (15.06%), Iron:

2.05mg (11.38%), Vitamin B6: 0.2mg (9.83%), Vitamin B3: 1.94mg (9.71%), Selenium: 6.45µg (9.21%), Folate: 35.87µg (8.97%), Copper: 0.16mg (7.77%), Zinc: 1.14mg (7.58%), Vitamin B5: 0.61mg (6.06%), Vitamin B2: 0.09mg (5.27%), Potassium: 183.58mg (5.25%), Vitamin K: 4.69µg (4.47%), Calcium: 38.07mg (3.81%), Vitamin E: 0.51mg (3.39%), Fiber: 0.81g (3.25%), Vitamin A: 125.25IU (2.5%), Vitamin C: 1.52mg (1.84%)