



Spaghetti with Clams

READY IN



30 min.

SERVINGS



4

CALORIES



598 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons butter unsalted diced
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.5 cup parsley fresh chopped
- ☐ 5 cloves garlic finely chopped
- ☐ 1 lemon zest for garnish
- ☐ 2.5 pounds manila clams scrubbed
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 4 servings sea salt and pepper black freshly ground
- ☐ 2 shallots thinly sliced

☐ 1 pound pasta like spaghetti dried

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ colander

Directions

- ☐ In a large pot, bring to a boil 6 quarts of salted water.
- ☐ Add pasta, stirring constantly in the beginning to prevent it from sticking together. Cook until al dente, about 8 minutes.
- ☐ Meanwhile, heat the olive oil in a large saute pan. When almost smoking, add shallots and garlic and saute until soft and translucent, about 3 to 4 minutes, being careful not to burn the garlic.
- ☐ Add the clams and wine. Cover and simmer for 6 to 8 minutes or until most clams have opened.
- ☐ Add 2 tablespoons chopped parsley.
- ☐ Whisk in butter to thicken sauce slightly.
- ☐ Drain pasta in a colander. Do not rinse pasta with water – this will remove the pasta's natural starches.
- ☐ Place pasta into the clam saute pan and mix thoroughly. Check seasoning.
- ☐ Pour pasta into large serving bowl. Zest lemon over the dish, being carefull not to zest the white part of the lemon, which is bitter.
- ☐ Garnish with remaining parsley.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:35.51, Inflammation Score:-8, Nutrition Score:25.349999995335%

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: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 598.05kcal (29.9%), Fat: 13.3g (20.46%), Saturated Fat: 4.75g (29.7%), Carbohydrates: 91.1g (30.37%), Net Carbohydrates: 86.56g (31.48%), Sugar: 4.47g (4.96%), Cholesterol: 27.81mg (9.27%), Sodium: 39.44mg (1.71%), Alcohol: 3.09g (100%), Alcohol %: 1.6% (100%), Protein: 21.93g (43.85%), Selenium: 85.49µg (122.12%), Vitamin K: 127.39µg (121.32%), Vitamin B12: 4.82µg (80.29%), Manganese: 1.24mg (61.77%), Phosphorus: 323.53mg (32.35%), Magnesium: 79.03mg (19.76%), Copper: 0.39mg (19.43%), Vitamin A: 936.44IU (18.73%), Fiber: 4.54g (18.16%), Vitamin C: 14.08mg (17.07%), Iron: 2.98mg (16.53%), Vitamin B6: 0.28mg (13.99%), Zinc: 2.04mg (13.58%), Potassium: 397.54mg (11.36%), Vitamin B3: 2.27mg (11.34%), Folate: 39.02µg (9.76%), Vitamin E: 1.42mg (9.49%), Vitamin B1: 0.13mg (8.85%), Calcium: 69.05mg (6.9%), Vitamin B5: 0.67mg (6.68%), Vitamin B2: 0.11mg (6.31%)