



Spaghetti with Clams and Slow-Roasted Cherry Tomatoes

 Dairy Free

READY IN



100 min.

SERVINGS



6

CALORIES



299 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 pound cherry tomatoes halved
- 0.3 teaspoon pepper red crushed
- 0.5 cup cooking wine dry white
- 2 tablespoons basil fresh minced
- 2 tablespoons flat-leaf parsley fresh minced
- 3 garlic cloves divided
- 48 littleneck clams scrubbed

- 2 tablespoons olive oil extra-virgin divided
- 0.3 teaspoon salt
- 0.8 pound pasta like spaghetti uncooked

Equipment

- bowl
- frying pan
- oven
- sieve
- tongs
- cheesecloth

Directions

- Preheat oven to 30
- Combine tomatoes and 1 tablespoon olive oil, tossing to coat. Arrange tomatoes, cut side up, on a jelly-roll pan. Thinly slice 1 garlic clove; sprinkle over tomatoes.
- Bake tomato mixture at 300 for 1 1/2 hours or until tomatoes are slightly shriveled. Set aside.
- Mince remaining 2 garlic cloves.
- Heat remaining 1 tablespoon olive oil in a large skillet over medium-low heat.
- Add minced garlic and red pepper to skillet; cook 2 minutes or until garlic and pepper sizzle. Increase heat to medium-high; stir in wine.
- Add clams; cover and cook 7 minutes or until clams open. Using tongs, remove clams from skillet; reserve liquid. Discard any unopened shells. Strain liquid through a fine-mesh sieve lined with cheesecloth into a bowl; discard solids. Wipe skillet clean; return liquid to skillet.
- Add tomatoes, parsley, basil, and salt; bring to a simmer over medium heat. Reserve 24 clams in shells.
- Remove remaining clams from shells; add all clams to skillet.
- Cook pasta according to package directions, omitting salt and fat.
- Drain.
- Combine pasta and clam mixture.

Serve immediately.

Nutrition Facts

PROTEIN 15.17% **FAT 18.4%** **CARBS 66.43%**

Properties

Glycemic Index:36, Glycemic Load:17.42, Inflammation Score:-6, Nutrition Score:13.584782538207%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 299.17kcal (14.96%), Fat: 5.8g (8.93%), Saturated Fat: 0.85g (5.31%), Carbohydrates: 47.13g (15.71%), Net Carbohydrates: 44.67g (16.24%), Sugar: 3.62g (4.03%), Cholesterol: 5.04mg (1.68%), Sodium: 121.51mg (5.28%), Alcohol: 2.06g (100%), Alcohol %: 1.47% (100%), Protein: 10.76g (21.53%), Selenium: 41.61µg (59.44%), Manganese: 0.67mg (33.68%), Vitamin B12: 1.9µg (31.64%), Vitamin K: 29.84µg (28.42%), Vitamin C: 19.6mg (23.76%), Phosphorus: 168.88mg (16.89%), Copper: 0.24mg (12.01%), Vitamin A: 592.41IU (11.85%), Magnesium: 43.64mg (10.91%), Fiber: 2.46g (9.83%), Iron: 1.75mg (9.71%), Potassium: 330.23mg (9.44%), Vitamin E: 1.32mg (8.8%), Vitamin B6: 0.17mg (8.72%), Vitamin B3: 1.49mg (7.45%), Zinc: 1.06mg (7.04%), Folate: 23.62µg (5.91%), Vitamin B1: 0.09mg (5.76%), Vitamin B5: 0.39mg (3.92%), Vitamin B2: 0.06mg (3.8%), Calcium: 34.69mg (3.47%)