



Spaghetti with Clams, Cipollini Onions, Garlic & Colatura di Alici

READY IN



20 min.

SERVINGS



4

CALORIES



1058 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 butter
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 1 cooking wine dry white
- ☐ 0.5 cup parsley fresh chopped
- ☐ 2 clove garlic minced peeled
- ☐ 2.5 pound manila clams scrubbed
- ☐ 2 teaspoon olive oil
- ☐ 4 servings salt and pepper to taste

- ☐ 2 pound pasta like spaghetti dried thin
- ☐ 2 teaspoon colatura di alici
- ☐ 2 teaspoon colatura di alici

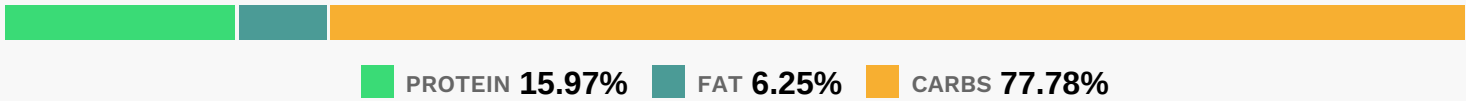
Equipment

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

Directions

- ☐ In a large pot, bring to a boil 6 quarts of salted water.
- ☐ Add the spaghetti, stirring well at the beginning to prevent it from sticking together. Cook until al dente, about 8 minutes.
- ☐ Heat the olive oil and butter in a large saute pan. When hot, add shallots and garlic and saute until soft and translucent, about 3 to 4 minutes.
- ☐ Add the clams, cipolline onions, roasted garlic cloves and wine. Cover and simmer for 6 to 8 minutes or until the clams have opened.
- ☐ Add 2 tablespoons chopped parsley, cayenne pepper and the Colatura di Alici.
- ☐ Drain pasta in a colander.
- ☐ Place pasta into the saute pan with the clams and mix thoroughly. Adjust seasoning seasoning.
- ☐ Pour pasta into large serving bowl.
- ☐ Sprinkle with lemon zest, a big grind of black pepper and garnish with the remaining parsley.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:57, Glycemic Load:69.44, Inflammation Score:-9, Nutrition Score:32.608260797418%

Flavonoids

Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg Epicatechin: 1.03mg, Epicatechin: 1.03mg, Epicatechin: 1.03mg, Epicatechin: 1.03mg Hesperetin: 0.75mg, Hesperetin: 0.75mg, Hesperetin: 0.75mg, Hesperetin: 0.75mg Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 1058.13kcal (52.91%), Fat: 6.32g (9.72%), Saturated Fat: 1.25g (7.84%), Carbohydrates: 176.75g (58.92%), Net Carbohydrates: 169.2g (61.53%), Sugar: 7.94g (8.82%), Cholesterol: 13.83mg (4.61%), Sodium: 248.32mg (10.8%), Alcohol: 19.31g (100%), Alcohol %: 5.22% (100%), Protein: 36.29g (72.57%), Selenium: 156.77µg (223.95%), Vitamin K: 125.38µg (119.41%), Manganese: 2.37mg (118.7%), Vitamin B12: 4.81µg (80.1%), Phosphorus: 553.54mg (55.35%), Magnesium: 151.27mg (37.82%), Copper: 0.7mg (35.08%), Fiber: 7.55g (30.21%), Iron: 4.65mg (25.84%), Zinc: 3.74mg (24.93%), Vitamin B6: 0.45mg (22.35%), Vitamin B3: 4.32mg (21.61%), Potassium: 707.45mg (20.21%), Vitamin A: 798.01IU (15.96%), Vitamin B1: 0.23mg (15.3%), Folate: 56.35µg (14.09%), Vitamin C: 10.49mg (12.72%), Vitamin B5: 1.16mg (11.64%), Vitamin B2: 0.19mg (11.23%), Calcium: 94.5mg (9.45%), Vitamin E: 0.91mg (6.1%)