



 **65%**
HEALTH SCORE

Spaghetti with Clams, Mussels, and Tomatoes

 Dairy Free  Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



640 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups cherry tomatoes ripe halved (see note above)
- 1 pound clams scrubbed
- 0.3 cup wine dry white
- 0.3 cup parsley fresh chopped
- 3 medium cloves garlic thinly sliced
- 4 servings salt and pepper black to taste
- 1 pound long breadsticks (see note above)
- 1 pound mussels fresh scrubbed

- 4 tablespoons olive oil
- 0.5 teaspoon pepper red

Equipment

- bowl
- frying pan
- sauce pan
- pot

Directions

- In a large, heavy saucepan, heat the oil over medium-high heat until lightly smoking.
- Add garlic and cook, stirring, until fragrant, 30 seconds to 1 minute.
- Add the wine and bring to a boil.
- Add the clams and mussels, cover, and cook, shaking the pan often until they open.
- Transfer the shells to a bowl; once cool, remove the meat from the shells, leaving about a quarter of clams and mussels in their shells to garnish the bowls for serving.
- Meanwhile, bring a large pot of salted water to a boil for the pasta. Once boiling, cook the pasta according to the package instructions until it is "al dente." While the pasta is cooking, add the tomatoes and chili flakes to the seafood pot and cook over medium high heat, stirring often until the tomatoes begin to break down, 5 to 6 minutes. Season with salt and pepper, and stir in the parsley. Return the clams and mussels to the pot and keep warm.
- Drain the pasta, then return it to the pot.
- Add the seafood sauce and cook for a minute or two over high heat, stirring constantly until it is piping hot.
- Serve immediately in individual bowls, with the clams and mussels still in their shells on top as a garnish.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:35.57, Inflammation Score:-8, Nutrition Score:30.487390974294%

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 Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 639.95kcal (32%), Fat: 17.33g (26.66%), Saturated Fat: 2.55g (15.92%), Carbohydrates: 91.9g (30.63%), Net Carbohydrates: 87.49g (31.81%), Sugar: 5.1g (5.67%), Cholesterol: 21.3mg (7.1%), Sodium: 391.33mg (17.01%), Alcohol: 1.54g (100%), Alcohol %: 0.66% (100%), Protein: 25.18g (50.35%), Manganese: 3.16mg (158.24%), Selenium: 103.54µg (147.92%), Vitamin B12: 8.86µg (147.7%), Vitamin K: 72.58µg (69.13%), Phosphorus: 391.86mg (39.19%), Vitamin C: 27.3mg (33.1%), Iron: 4.98mg (27.64%), Magnesium: 94.02mg (23.5%), Copper: 0.46mg (23.13%), Vitamin E: 3.12mg (20.78%), Zinc: 2.81mg (18.74%), Potassium: 653.68mg (18.68%), Vitamin A: 898.09IU (17.96%), Fiber: 4.41g (17.63%), Vitamin B3: 3.42mg (17.1%), Vitamin B1: 0.23mg (15.54%), Folate: 61.22µg (15.31%), Vitamin B6: 0.29mg (14.73%), Vitamin B2: 0.22mg (13.14%), Vitamin B5: 0.94mg (9.37%), Calcium: 65.36mg (6.54%)