



Spaghetti with Fresh Clams, Parsley, and Lemon

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



551 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup cooking wine dry white
- 8 garlic cloves thinly sliced
- 0.3 cup juice of lemon fresh
- 3 pounds littleneck clams fresh scrubbed
- 0.5 cup olive oil extra-virgin
- 0.3 cup parsley fresh italian chopped
- 1 pound pasta like spaghetti

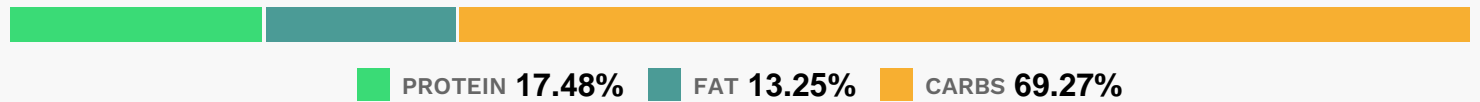
Equipment

- bowl
- pot

Directions

- Heat oil in heavy large pot over medium-high heat.
- Add sliced garlic and sauté until light brown, about 1 minute.
- Add clams and 1/4 cup chopped Italian parsley; stir 2 minutes.
- Add wine; simmer 2 minutes.
- Add fresh lemon juice. Cover and simmer until clams open, about 6 minutes (discard any clams that do not open).
- Meanwhile, cook pasta in large pot of boiling salted water until just tender but still firm to bite.
- Drain.
- Add pasta to clam mixture and toss to coat. Season to taste with salt and pepper.
- Transfer to large bowl.
- Sprinkle with remaining 2 tablespoons parsley and serve.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:35.24, Inflammation Score:-7, Nutrition Score:23.46739142874%

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 Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.33mg, Hesperetin: 2.33mg, Hesperetin: 2.33mg, Hesperetin: 2.33mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg 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: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg

Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 550.57kcal (27.53%), Fat: 7.7g (11.84%), Saturated Fat: 1.17g (7.32%), Carbohydrates: 90.55g (30.18%), Net Carbohydrates: 86.63g (31.5%), Sugar: 3.79g (4.21%), Cholesterol: 15.31mg (5.1%), Sodium: 40.26mg (1.75%), Alcohol: 3.09g (100%), Alcohol %: 1.59% (100%), Protein: 22.86g (45.71%), Selenium: 88.18µg (125.98%), Vitamin B12: 5.77µg (96.1%), Vitamin K: 65.19µg (62.08%), Manganese: 1.23mg (61.32%), Phosphorus: 333.34mg (33.33%), Magnesium: 77.09mg (19.27%), Copper: 0.38mg (19.1%), Fiber: 3.92g (15.7%), Vitamin C: 12.76mg (15.47%), Iron: 2.76mg (15.33%), Zinc: 2.01mg (13.42%), Vitamin B6: 0.27mg (13.3%), Vitamin B3: 2.24mg (11.22%), Potassium: 358.25mg (10.24%), Vitamin A: 470.44IU (9.41%), Vitamin E: 1.31mg (8.7%), Vitamin B1: 0.13mg (8.67%), Folate: 32.19µg (8.05%), Vitamin B5: 0.65mg (6.49%), Calcium: 63.42mg (6.34%), Vitamin B2: 0.11mg (6.21%)