

Spaghetti With Red Clam Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



132 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15 ounce tomato sauce canned
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 1.5 tablespoons capers
- ☐ 13 ounce clams with juice minced canned
- ☐ 1 pound pasta like spaghetti cooked drained
- ☐ 0.3 teaspoon basil dried
- ☐ 2 teaspoons parsley dried
- ☐ 1 tablespoon garlic minced

- ☐ 1 teaspoon garlic powder
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.3 teaspoon oregano dried
- ☐ 1 pinch pepper flakes red crushed
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons sugar white

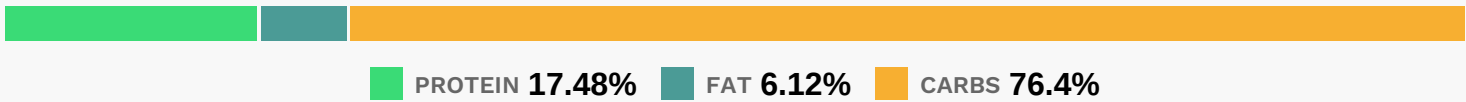
Equipment

- ☐ pot

Directions

- ☐ In a large pot combine the crushed tomatoes, diced tomatoes, tomato sauce, capers, minced garlic, sugar, parsley, garlic powder, salt, oregano, basil, black pepper and red pepper. Cover and bring to a boil.
- ☐ Lower heat to a simmer and cook for 45 to 60 minutes.
- ☐ Add the clams plus some of their juice during the last 5 minutes of cooking.
- ☐ Pour sauce over hot spaghetti.

Nutrition Facts



Properties

Glycemic Index:37.57, Glycemic Load:10.83, Inflammation Score:-5, Nutrition Score:8.4330435628476%

Flavonoids

Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg

Nutrients (% of daily need)

Calories: 132.16kcal (6.61%), Fat: 0.93g (1.43%), Saturated Fat: 0.16g (1.02%), Carbohydrates: 26.1g (8.7%), Net Carbohydrates: 23.14g (8.41%), Sugar: 5.5g (6.11%), Cholesterol: 2.07mg (0.69%), Sodium: 511.87mg (22.26%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.97g (11.95%), Selenium: 17.98µg (25.68%), Manganese: 0.38mg (18.91%), Vitamin B12: 0.78µg (13.01%), Iron: 2.15mg (11.92%), Fiber: 2.96g (11.85%), Copper: 0.23mg (11.43%), Vitamin C: 8.86mg (10.74%), Vitamin E: 1.53mg (10.18%), Potassium: 349.04mg (9.97%), Vitamin B6: 0.18mg (8.92%), Phosphorus: 81.02mg (8.1%), Magnesium: 31.42mg (7.86%), Vitamin A: 369.36IU (7.39%), Vitamin B3: 1.43mg (7.17%), Vitamin K: 5.99µg (5.71%), Vitamin B2: 0.08mg (4.75%), Vitamin B1: 0.07mg (4.52%), Folate: 16.63µg (4.16%), Zinc: 0.61mg (4.1%), Vitamin B5: 0.39mg (3.92%), Calcium: 36.68mg (3.67%)