



Spaghetti with White Clam Sauce

READY IN



25 min.

SERVINGS



4

CALORIES



354 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 7 oz pasta like spaghetti
- 0.3 cup butter
- 2 cloves garlic finely chopped
- 2 tablespoons parsley fresh chopped
- 13 oz clams minced undrained canned
- 1 serving parsley fresh chopped
- 0.5 cup parmesan cheese grated

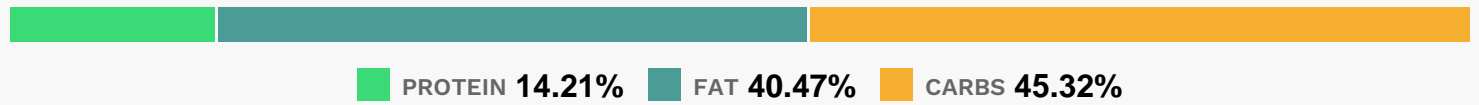
Equipment

- bowl
- sauce pan

Directions

- Cook spaghetti as directed on package.
- Meanwhile, in 1 1/2-quart saucepan, melt butter over medium heat. Cook garlic in butter about 3 minutes, stirring occasionally, until light golden. Stir in 2 tablespoons parsley and the clams.
- Heat to boiling; reduce heat. Simmer uncovered 3 to 5 minutes.
- Drain spaghetti. In large bowl, pour sauce over spaghetti; toss.
- Sprinkle with additional parsley and cheese.

Nutrition Facts



Properties

Glycemic Index:40.75, Glycemic Load:15.19, Inflammation Score:-7, Nutrition Score:12.701304338548%

Flavonoids

Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 353.89kcal (17.69%), Fat: 15.83g (24.36%), Saturated Fat: 4.48g (27.97%), Carbohydrates: 39.9g (13.3%), Net Carbohydrates: 38.18g (13.89%), Sugar: 1.37g (1.53%), Cholesterol: 15.02mg (5.01%), Sodium: 365.19mg (15.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.51g (25.03%), Selenium: 40.17µg (57.39%), Vitamin K: 49.52µg (47.16%), Vitamin B12: 1.74µg (29.08%), Manganese: 0.51mg (25.36%), Phosphorus: 207.68mg (20.77%), Vitamin A: 909.93IU (18.2%), Calcium: 137.42mg (13.74%), Zinc: 1.36mg (9.07%), Magnesium: 35.6mg (8.9%), Copper: 0.16mg (8.23%), Fiber: 1.72g (6.87%), Iron: 1.14mg (6.31%), Vitamin C: 4.49mg (5.44%), Vitamin B6: 0.1mg (5.23%), Vitamin B2: 0.09mg (5.19%), Potassium: 168.59mg (4.82%), Vitamin B3: 0.95mg (4.77%), Vitamin E: 0.68mg (4.51%), Vitamin B1: 0.06mg (3.81%), Folate: 15.12µg (3.78%), Vitamin B5: 0.31mg (3.08%)