



WHATSheATE



Speedy spaghetti with clams

READY IN



20 min.

SERVINGS



2

CALORIES



468 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 175 g pasta like spaghetti
- ☐ 260 g clams
- ☐ 1 tablespoon cooking wine
- ☐ 1 garlic clove crushed finely
- ☐ 1 handful parsley
- ☐ 2 servings parmesan freshly grated

Equipment

- ☐ bowl

☐ frying pan

Directions

- ☐ Firstly, cook the pasta. Boil the kettle, then three-quarters fill a large pan with boiling water.
- ☐ Add some salt the water will seethe then coil in the spaghetti. Simmer, uncovered, for 12 mins or according to pack instructions.Meanwhile, to make the sauce, tip the clams in tomato sauce into a small pan, pour in the wine and add the garlic. Simmer for a few mins while you coarsely chop the parsley, then stir into the sauce and grind in a good amount of black pepper.
- ☐ Drain the spaghetti and tip into a warmed bowl.
- ☐ Pour in the sauce and toss well.
- ☐ Serve at once, with grated parmesan scattered over if you like.

Nutrition Facts



Properties

Glycemic Index:86.5, Glycemic Load:26.9, Inflammation Score:-6, Nutrition Score:18.736956565276%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 468.17kcal (23.41%), Fat: 9.28g (14.28%), Saturated Fat: 5.21g (32.54%), Carbohydrates: 67.83g (22.61%), Net Carbohydrates: 64.93g (23.61%), Sugar: 2.67g (2.96%), Cholesterol: 26.25mg (8.75%), Sodium: 498.52mg (21.67%), Alcohol: 0.78g (100%), Alcohol %: 0.67% (100%), Protein: 25.16g (50.32%), Selenium: 68.25µg (97.5%), Manganese: 0.86mg (43.13%), Vitamin B12: 2.56µg (42.73%), Phosphorus: 417.14mg (41.71%), Calcium: 387.26mg (38.73%), Vitamin K: 33.46µg (31.87%), Magnesium: 65.48mg (16.37%), Zinc: 2.21mg (14.71%), Copper: 0.28mg (14.04%), Fiber: 2.9g (11.59%), Iron: 1.88mg (10.43%), Vitamin B2: 0.17mg (9.72%), Vitamin A: 461.42IU (9.23%), Vitamin B6: 0.18mg (8.9%), Vitamin B3: 1.69mg (8.43%), Potassium: 256.21mg (7.32%), Vitamin B1: 0.1mg (6.56%), Vitamin B5: 0.56mg (5.62%), Folate: 21.99µg (5.5%), Vitamin C: 3.13mg (3.79%), Vitamin E: 0.31mg (2.07%)