



Steamed Clams and Tomatoes with Angel Hair Pasta

READY IN



45 min.

SERVINGS



4

CALORIES



360 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 9 ounce angel hair pasta fresh
- ☐ 1 tablespoon bottled garlic minced
- ☐ 1 tablespoon butter
- ☐ 8 ounce bottled clam juice
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.3 cup wine dry white
- ☐ 4 teaspoons parsley fresh chopped
- ☐ 24 littleneck clams scrubbed

- ☐ 1 tablespoon olive oil
- ☐ 1 cup tomatoes chopped

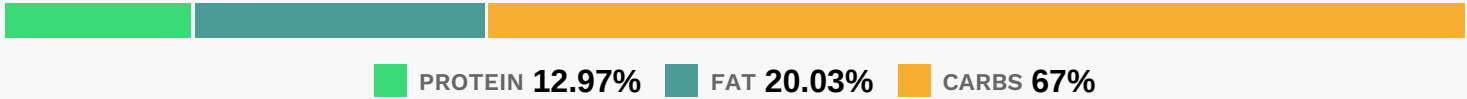
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain and keep warm.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add tomato, garlic, and pepper to pan; saut 1 minute. Stir in wine and juice; bring to a boil.
- ☐ Add clams. Cover and cook 7 minutes or until shells open. Discard any unopened shells.
- ☐ Remove clams from pan with a slotted spoon; add butter to pan, stirring until butter melts.
- ☐ Place 1 cup pasta in each of 4 shallow bowls; top each serving with 6 clams, 1/2 cup broth, and 1 teaspoon parsley.

Nutrition Facts



Properties

Glycemic Index:58.5, Glycemic Load:20.08, Inflammation Score:-6, Nutrition Score:12.219130516052%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

0.29mg

Nutrients (% of daily need)

Calories: 359.82kcal (17.99%), Fat: 7.65g (11.77%), Saturated Fat: 2.5g (15.62%), Carbohydrates: 57.57g (19.19%), Net Carbohydrates: 54.73g (19.9%), Sugar: 4.8g (5.33%), Cholesterol: 11.31mg (3.77%), Sodium: 244.31mg (10.62%), Alcohol: 2.06g (100%), Alcohol %: 1.3% (100%), Protein: 11.14g (22.28%), Selenium: 45.01µg (64.3%), Manganese: 0.74mg (37.23%), Vitamin B12: 1.45µg (24.11%), Phosphorus: 171.29mg (17.13%), Copper: 0.24mg (12.14%), Magnesium: 46.38mg (11.59%), Fiber: 2.84g (11.36%), Vitamin A: 565.86IU (11.32%), Vitamin C: 9.24mg (11.2%), Vitamin B6: 0.22mg (10.78%), Potassium: 319.89mg (9.14%), Vitamin B3: 1.55mg (7.73%), Iron: 1.38mg (7.69%), Zinc: 1.15mg (7.66%), Vitamin E: 1.06mg (7.04%), Vitamin K: 7.3µg (6.95%), Vitamin B1: 0.09mg (6.27%), Folate: 22.84µg (5.71%), Vitamin B5: 0.41mg (4.1%), Vitamin B2: 0.07mg (3.93%), Calcium: 36.58mg (3.66%)