



Steamed Clams with Pasta

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 garlic clove chopped
- 1 pound pasta
- 6 pounds littleneck clams scrubbed
- 2 tablespoons olive oil extra virgin extra-virgin
- 0.5 cup parsley fresh italian chopped
- 0.5 teaspoon pepper dried red crushed

Equipment

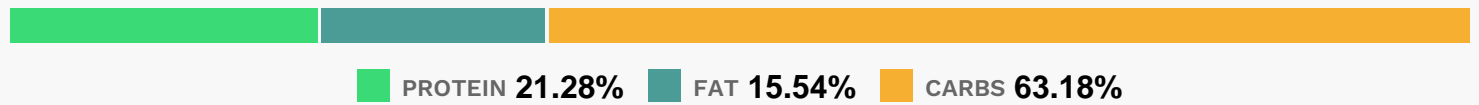
- bowl

pot

Directions

- Cook linguine in pot of boiling salted water until tender but still firm to bite; drain.
- Meanwhile, cook clams in large pot with parsley, garlic, olive oil, and red pepper.
- Let cook until clams open, about ten minutes.
- Divide pasta among bowls. Top with seafood mixture and juices, discarding any clams that do not open; serve.

Nutrition Facts



Properties

Glycemic Index:21.83, Glycemic Load:23.54, Inflammation Score:-7, Nutrition Score:21.232174002606%

Flavonoids

Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 384.74kcal (19.24%), Fat: 6.53g (10.05%), Saturated Fat: 0.99g (6.2%), Carbohydrates: 59.77g (19.92%), Net Carbohydrates: 57.1g (20.76%), Sugar: 2.09g (2.32%), Cholesterol: 20.41mg (6.8%), Sodium: 48.52mg (2.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.13g (40.25%), Vitamin B12: 7.69µg (128.14%), Selenium: 68.85µg (98.36%), Vitamin K: 85.22µg (81.16%), Manganese: 0.79mg (39.35%), Phosphorus: 283.29mg (28.33%), Magnesium: 56.12mg (14.03%), Iron: 2.48mg (13.75%), Vitamin A: 674.87IU (13.5%), Copper: 0.27mg (13.41%), Fiber: 2.67g (10.69%), Zinc: 1.49mg (9.94%), Vitamin E: 1.32mg (8.8%), Vitamin C: 7.12mg (8.63%), Vitamin B3: 1.62mg (8.09%), Vitamin B6: 0.14mg (7.04%), Potassium: 236.89mg (6.77%), Folate: 24.7µg (6.18%), Vitamin B1: 0.09mg (5.73%), Calcium: 52.62mg (5.26%), Vitamin B2: 0.08mg (4.75%), Vitamin B5: 0.46mg (4.57%)