



Amazing White Clam Sauce

READY IN



65 min.

SERVINGS



4

CALORIES



463 kcal

SAUCE

Ingredients

- 19.5 ounce clams with juice reserved minced drained canned
- 6 cloves garlic minced
- 1.8 cups half-and-half cream
- 0.5 cup olive oil
- 1 large onion chopped
- 0.3 cup parmesan cheese grated for topping
- 8 ounce linguine pasta dried
- 1 pinch pepper flakes red to taste

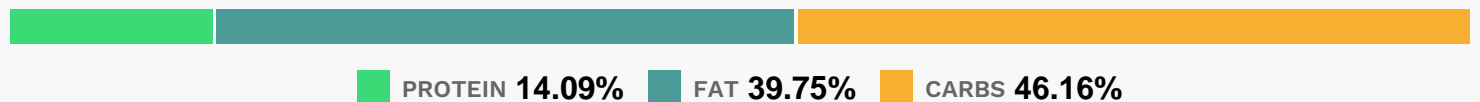
Equipment

- frying pan
- pot

Directions

- Heat olive oil in a large skillet over medium-high heat.
- Add onion and red pepper flakes, and cook stirring constantly until onion is tender.
- Add garlic, and cook for a couple of minutes, just until fragrant.
- Pour in the reserved clam juice, and simmer over low heat for 10 minutes.
- Gradually stir the half-and-half cream into the skillet, and simmer for another 20 minutes, but do not boil. At this time, I like to prepare my linguine and garlic bread.
- Bring a large pot of lightly salted water to a boil.
- Add linguine pasta, and cook for 8 to 10 minutes, until al dente.
- Add clams to the sauce, and cook just until clams are heated through, or they will become tough and chewy.
- Remove from heat, and serve over linguine pasta. Top with a sprinkle of grated Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:18.41, Inflammation Score:-6, Nutrition Score:15.02565244812%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 7.69mg, Quercetin: 7.69mg, Quercetin: 7.69mg, Quercetin: 7.69mg

Nutrients (% of daily need)

Calories: 462.7kcal (23.14%), Fat: 20.44g (31.45%), Saturated Fat: 9.37g (58.58%), Carbohydrates: 53.41g (17.8%), Net Carbohydrates: 50.85g (18.49%), Sugar: 7.53g (8.36%), Cholesterol: 48.71mg (16.24%), Sodium: 191.75mg (8.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.31g (32.61%), Selenium: 48.58µg (69.41%), Vitamin B12: 2.63µg (43.8%), Manganese: 0.67mg (33.4%), Phosphorus: 306.25mg (30.62%), Calcium: 205.43mg (20.54%), Vitamin B2: 0.28mg (16.74%), Magnesium: 51.68mg (12.92%), Vitamin B6: 0.24mg (12.1%), Zinc: 1.71mg (11.37%), Copper: 0.22mg (10.76%), Potassium: 360.57mg (10.3%), Fiber: 2.56g (10.22%), Vitamin A: 499.62IU (9.99%), Vitamin E: 1.3mg (8.65%), Vitamin B1: 0.11mg (7.59%), Iron: 1.34mg (7.47%), Vitamin B5: 0.67mg (6.75%), Vitamin C: 5.13mg (6.22%), Vitamin B3: 1.23mg (6.17%), Folate: 22.06µg (5.52%), Vitamin K: 5.08µg (4.84%)