



Clam Linguine

READY IN



35 min.

SERVINGS



4

CALORIES



521 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 6.5 ounce clams with juice minced canned
- ☐ 0.5 cup parsley fresh chopped
- ☐ 3 cloves garlic crushed
- ☐ 0.3 cup olive oil
- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 0.5 pound linguine pasta
- ☐ 3 large tomatoes diced

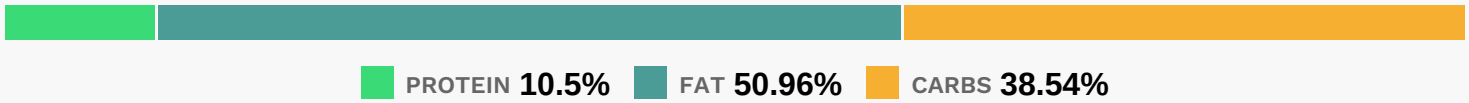
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ pot

Directions

- ☐ In a medium saucepan over medium heat, combine olive oil, butter, garlic, tomatoes and parsley; simmer and let reduce.
- ☐ Add some clam juice if the sauce reduces too much.
- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook for 3 minutes or until al dente; drain.
- ☐ Add clams to the skillet and heat through; top with cheese and serve immediately.

Nutrition Facts



Properties

Glycemic Index:54.75, Glycemic Load:18.77, Inflammation Score:-9, Nutrition Score:21.243043646864%

Flavonoids

Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 1.33mg, Myricetin: 1.33mg, Myricetin: 1.33mg, Myricetin: 1.33mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 520.61kcal (26.03%), Fat: 29.77g (45.8%), Saturated Fat: 11.31g (70.71%), Carbohydrates: 50.67g (16.89%), Net Carbohydrates: 46.92g (17.06%), Sugar: 5.21g (5.79%), Cholesterol: 43.45mg (14.48%), Sodium: 328.92mg (14.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.8g (27.59%), Vitamin K: 143.22µg (136.4%), Selenium: 42.79µg (61.13%), Vitamin A: 2252.45IU (45.05%), Manganese: 0.74mg (37.08%), Vitamin C: 29.38mg (35.61%), Phosphorus: 244.05mg (24.41%), Vitamin E: 3.24mg (21.61%), Vitamin B12: 0.97µg (16.23%), Calcium: 156.71mg (15.67%), Potassium: 530.23mg (15.15%), Fiber: 3.75g (14.99%), Magnesium: 55.35mg (13.84%), Copper: 0.27mg

(13.55%), Vitamin B6: 0.24mg (11.78%), Zinc: 1.73mg (11.51%), Folate: 43.67µg (10.92%), Iron: 1.86mg (10.31%), Vitamin B3: 1.93mg (9.64%), Vitamin B1: 0.12mg (7.84%), Vitamin B2: 0.12mg (7.09%), Vitamin B5: 0.48mg (4.76%)