



Clam Sauce with Linguine

READY IN



40 min.

SERVINGS



4

CALORIES



694 kcal

SAUCE

Ingredients

- 0.5 cup butter
- 13 ounce clams with juice chopped canned
- 1 pound mushrooms fresh sliced
- 0.5 cup parsley fresh chopped
- 3 cloves garlic chopped
- 0.5 teaspoon ground pepper white
- 0.3 cup parmesan cheese grated
- 16 ounce linguine pasta
- 1 teaspoon salt

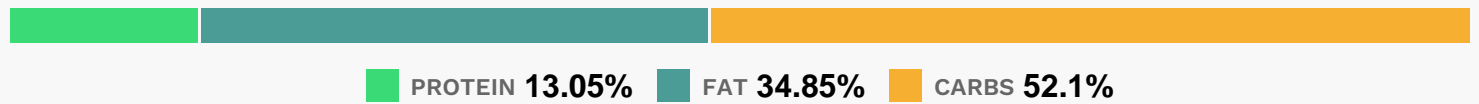
Equipment

- frying pan
- pot

Directions

- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- Melt butter in large skillet over medium heat.
- Saute garlic and mushrooms until golden brown. Stir in clams with juice, parsley, salt and white pepper. Cook over medium heat until hot. Toss with pasta until evenly coated.
- Serve garnished with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:53.25, Glycemic Load:35.28, Inflammation Score:-8, Nutrition Score:28.3278260542%

Flavonoids

Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 694.09kcal (34.7%), Fat: 27.07g (41.64%), Saturated Fat: 15.96g (99.77%), Carbohydrates: 91.05g (30.35%), Net Carbohydrates: 85.92g (31.25%), Sugar: 5.38g (5.98%), Cholesterol: 70.59mg (23.53%), Sodium: 898mg (39.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.81g (45.61%), Selenium: 89.25µg (127.5%), Vitamin K: 125.27µg (119.31%), Manganese: 1.17mg (58.6%), Phosphorus: 393.88mg (39.39%), Copper: 0.72mg (35.94%), Vitamin B2: 0.57mg (33.58%), Vitamin B3: 6.2mg (31.01%), Vitamin B12: 1.74µg (28.99%), Vitamin A: 1436.62IU (28.73%), Vitamin B5: 2.3mg (23.02%), Fiber: 5.12g (20.49%), Magnesium: 80.24mg (20.06%), Potassium: 689.03mg (19.69%), Zinc: 2.67mg (17.77%), Vitamin B6: 0.32mg (16.06%), Vitamin C: 13.11mg (15.89%), Iron: 2.84mg (15.79%), Vitamin B1: 0.21mg (14.01%), Folate: 53.1µg (13.27%), Calcium: 110.11mg (11.01%), Vitamin E: 0.98mg (6.52%), Vitamin D: 0.26µg (1.72%)