



Clams with Linguine and Spring Garlic

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



633 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cooking wine dry white
- ☐ 0.3 cup olive oil extra virgin
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 4 large garlic cloves minced
- ☐ 16 ounce pasta
- ☐ 1.5 pounds littleneck clams
- ☐ 0.3 teaspoon pepper freshly ground

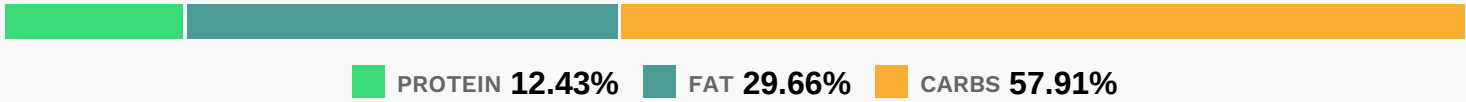
Equipment

- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Wash clams thoroughly, discarding any opened or cracked shells. Set aside.
- ☐ Cook linguine 11 minutes according to package directions; drain and keep warm.
- ☐ Saute garlic and thyme in hot oil in a large skillet 1 to 2 minutes or until garlic is tender.
- ☐ Add clams, wine, and pepper to skillet, tossing gently. Cover and cook 3 to 4 minutes or until clams open. (Discard any unopened shells.)
- ☐ Remove clams with a slotted spoon. Toss linguine with pan liquid; serve topped with clams.

Nutrition Facts



Properties

Glycemic Index:47.75, Glycemic Load:34.78, Inflammation Score:-9, Nutrition Score:17.868695632271%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 632.92kcal (31.65%), Fat: 20.01g (30.78%), Saturated Fat: 2.86g (17.87%), Carbohydrates: 87.87g (29.29%), Net Carbohydrates: 83.9g (30.51%), Sugar: 3.35g (3.72%), Cholesterol: 7.65mg (2.55%), Sodium: 23.64mg (1.03%), Alcohol: 3.09g (100%), Alcohol %: 2.04% (100%), Protein: 18.86g (37.72%), Selenium: 79.94µg (114.2%), Manganese: 1.19mg (59.64%), Vitamin B12: 2.88µg (48.05%), Phosphorus: 276.88mg (27.69%), Vitamin E: 2.89mg (19.29%), Copper: 0.36mg (18.14%), Magnesium: 71.71mg (17.93%), Fiber: 3.97g (15.87%), Iron: 2.44mg (13.54%), Zinc: 1.83mg (12.22%), Vitamin B6: 0.22mg (11.11%), Vitamin K: 11.38µg (10.83%), Vitamin B3: 2.1mg (10.52%), Potassium: 310.44mg (8.87%), Vitamin B1: 0.11mg (7.62%), Folate: 22.89µg (5.72%), Vitamin B5: 0.57mg (5.67%), Vitamin B2: 0.09mg (5.56%), Calcium: 49.72mg (4.97%), Vitamin C: 3.74mg (4.53%), Vitamin A: 160.64IU (3.21%)