



## Creamy Linguine with Clam Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



519 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 16 ounce alfredo sauce classico® (such as )
- 2 tablespoons butter
- 10 ounce baby clams with juices reserved (such as bumble bee®) drained canned
- 1 tablespoon cooking wine dry white
- 2 cloves garlic minced
- 1 tablespoon olive oil
- 1 teaspoon parmesan cheese grated to taste
- 8 ounce linguine pasta
- 1 pinch pepper flakes red crushed to taste

0.3 cup onion sweet minced

## Equipment

frying pan

pot

## Directions

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the linguine, and return to a boil. Cook the pasta, stirring occasionally, until cooked through but still slightly firm, about 11 minutes.

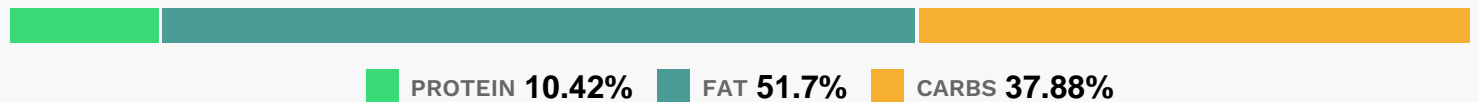
Drain well.

Heat the butter and olive oil in a skillet over medium heat until it begins to brown slightly. Stir in the onion; cook and stir until the onion becomes lightly golden, about 10 minutes. Stir in the garlic and cook for 1 minute more.

Add the reserved clam juice and wine. Simmer until reduced by half, about 15 minutes. Stir in the Alfredo sauce and clams; cook and stir until heated through, about 5 minutes.

Serve the clam sauce over the linguine, and sprinkle with Parmesan cheese and red pepper flakes.

## Nutrition Facts



## Properties

Glycemic Index:41, Glycemic Load:17.28, Inflammation Score:-3, Nutrition Score:8.8408694957261%

## Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

## Nutrients (% of daily need)

Calories: 518.51kcal (25.93%), Fat: 29.1g (44.76%), Saturated Fat: 13.75g (85.93%), Carbohydrates: 47.98g (15.99%), Net Carbohydrates: 46.03g (16.74%), Sugar: 3.89g (4.32%), Cholesterol: 93.7mg (31.23%), Sodium: 839.8mg (36.51%), Alcohol: 0.39g (100%), Alcohol %: 0.24% (100%), Protein: 13.19g (26.38%), Selenium: 39.86µg (56.94%), Manganese: 0.57mg (28.38%), Vitamin B12: 1.23µg (20.5%), Phosphorus: 143.45mg (14.34%), Copper: 0.18mg (9.02%), Magnesium: 34.33mg (8.58%), Fiber: 1.94g (7.78%), Zinc: 0.95mg (6.33%), Vitamin B6: 0.12mg (5.84%), Iron: 1mg (5.57%), Vitamin E: 0.82mg (5.47%), Vitamin B3: 1.04mg (5.18%), Vitamin A: 225.13IU (4.5%), Potassium: 156.38mg (4.47%), Vitamin B1: 0.06mg (4.04%), Calcium: 33.8mg (3.38%), Folate: 13.41µg (3.35%), Vitamin B5: 0.29mg (2.92%), Vitamin B2: 0.05mg (2.9%), Vitamin K: 2.79µg (2.66%), Vitamin C: 0.95mg (1.15%)