



Creamy Linguine with Clam Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



513 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
- 8 ounce linguine pasta
- 0.3 cup onion sweet minced

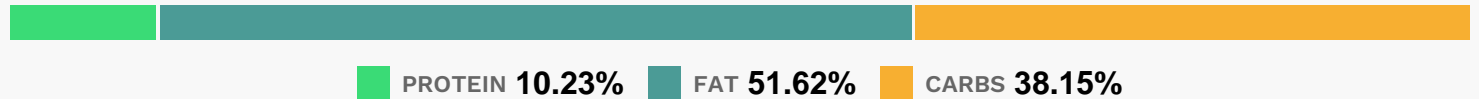
Equipment

- 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:8.6434781914172%

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, 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, 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: 513.25kcal (25.66%), Fat: 28.75g (44.23%), Saturated Fat: 13.56g (84.74%), Carbohydrates: 47.81g (15.94%), Net Carbohydrates: 45.88g (16.68%), Sugar: 3.89g (4.32%), Cholesterol: 92.63mg (30.88%), Sodium: 817.83mg (35.56%), Alcohol: 0.39g (100%), Alcohol %: 0.24% (100%), Protein: 12.82g (25.65%), Selenium: 39.42µg (56.32%), Manganese: 0.57mg (28.3%), Vitamin B12: 1.21µg (20.22%), Phosphorus: 135.56mg (13.56%), Copper: 0.18mg (8.99%), Magnesium: 33.86mg (8.47%), Fiber: 1.94g (7.74%), Zinc: 0.89mg (5.97%), Vitamin B6: 0.12mg (5.76%), Iron: 0.99mg (5.51%), Vitamin E: 0.8mg (5.36%), Vitamin B3: 1.03mg (5.16%), Potassium: 153.62mg (4.39%), Vitamin A: 207.06IU (4.14%), Vitamin B1: 0.06mg (4.02%), Folate: 13.33µg (3.33%), Vitamin B5: 0.29mg (2.88%), Vitamin B2: 0.04mg (2.64%), Vitamin K: 2.75µg (2.61%), Calcium: 22.82mg (2.28%), Vitamin C: 0.95mg (1.15%)