



## Easy Linguine With White Clam Sauce

READY IN



19 min.

SERVINGS



2

CALORIES



326 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.5 teaspoon bottled garlic minced
- 13 ounce clams drained chopped canned
- 4 ounces pasta uncooked
- 1 teaspoon olive oil extra-virgin
- 2 tablespoons parmesan-romano cheese shredded divided
- 0.3 teaspoon salt
- 1 scallion chopped
- 1 tablespoon butter unsalted

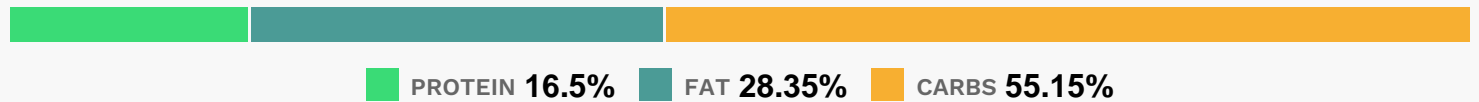
## Equipment

- bowl
- frying pan

## Directions

- Cook the linguine according to the package directions. Reserve 2 tablespoons of the pasta water before draining.
- While the pasta cooks, make the clam sauce: In a skillet over medium heat, warm the butter until hot, about 2 minutes. Saut onion and garlic 1 minute.
- Add salt and pepper; continue to saut another minute, or until onion is soft and garlic is fragrant but not browned.
- Add the drained chopped clams and reserved 2 tablespoons clam juice; stir gently to combine, and simmer.
- Add reserved 2 tablespoons pasta water to the skillet with the sauce. Stir sauce, and continue to simmer 3 minutes or until slightly thickened.
- Toss the linguine with olive oil and divide between two bowls. Top each serving of pasta with half of the clam sauce, 1 tablespoon cheese, and a sprinkling of chopped scallion.

## Nutrition Facts



## Properties

Glycemic Index:95, Glycemic Load:17.57, Inflammation Score:-4, Nutrition Score:12.195217495379%

## Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

## Nutrients (% of daily need)

Calories: 325.75kcal (16.29%), Fat: 10.17g (15.65%), Saturated Fat: 4.94g (30.89%), Carbohydrates: 44.52g (14.84%), Net Carbohydrates: 42.46g (15.44%), Sugar: 1.71g (1.9%), Cholesterol: 28.54mg (9.51%), Sodium: 371.6mg (16.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.32g (26.64%), Selenium: 45.31µg (64.73%), Vitamin B12:

3.19µg (53.19%), Manganese: 0.61mg (30.39%), Phosphorus: 206.1mg (20.61%), Vitamin K: 14.77µg (14.06%), Magnesium: 39.44mg (9.86%), Copper: 0.19mg (9.67%), Calcium: 85.46mg (8.55%), Fiber: 2.06g (8.24%), Iron: 1.37mg (7.63%), Zinc: 1.12mg (7.45%), Vitamin A: 339.9IU (6.8%), Vitamin B3: 1.11mg (5.55%), Vitamin B6: 0.11mg (5.38%), Vitamin E: 0.75mg (4.99%), Potassium: 170.11mg (4.86%), Vitamin B2: 0.07mg (4.27%), Vitamin B1: 0.06mg (4.23%), Folate: 16.07µg (4.02%), Vitamin B5: 0.33mg (3.3%), Vitamin C: 1.52mg (1.84%)