



Fresh Garlic Linguine with Clams

READY IN



11 min.

SERVINGS



4

CALORIES



370 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 9 ounce angel hair pasta refrigerated
- 3 ounces asiago cheese divided grated
- 0.3 cup cooking wine dry white
- 0.3 cup parsley fresh divided finely chopped
- 4 garlic cloves minced
- 24 littleneck clams scrubbed
- 2 teaspoons olive oil
- 0.5 cup bottled roasted bell peppers red chopped

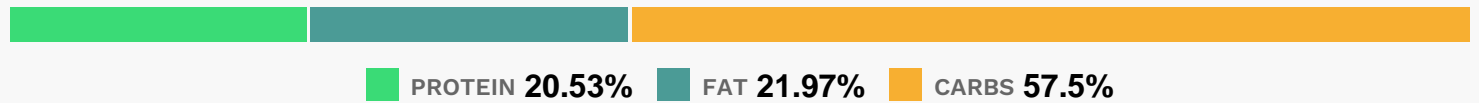
Equipment

- frying pan

Directions

- Cook pasta according to package directions, omitting salt and fat.
- Drain, reserving 1/4 cup pasta water.
- While pasta cooks, heat oil in a large nonstick skillet over medium-high heat.
- Add garlic and bell peppers. Cook 1 minute, stirring constantly.
- Add clams and wine. Cover and cook 3 to 4 minutes or until shells open.
- Add pasta and half of parsley to clams in pan, tossing well to blend.
- Add reserved 1/4 cup pasta water and half of cheese, tossing well to blend.
- Sprinkle remaining parsley and cheese evenly over each serving.

Nutrition Facts



Properties

Glycemic Index:43.25, Glycemic Load:19.84, Inflammation Score:-7, Nutrition Score:17.998260764972%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 370.23kcal (18.51%), Fat: 8.68g (13.36%), Saturated Fat: 3.98g (24.89%), Carbohydrates: 51.15g (17.05%), Net Carbohydrates: 48.67g (17.7%), Sugar: 2.09g (2.32%), Cholesterol: 18.24mg (6.08%), Sodium: 595.18mg (25.88%), Alcohol: 1.54g (100%), Alcohol %: 1.4% (100%), Protein: 18.26g (36.52%), Vitamin K: 83.77µg (79.78%),

Selenium: 49.45µg (70.64%), Manganese: 0.7mg (35.18%), Phosphorus: 306.75mg (30.68%), Calcium: 290.93mg (29.09%), Vitamin B12: 1.68µg (27.98%), Vitamin C: 15.72mg (19.06%), Vitamin A: 716.33IU (14.33%), Magnesium: 52.23mg (13.06%), Copper: 0.24mg (11.88%), Zinc: 1.69mg (11.24%), Fiber: 2.48g (9.92%), Iron: 1.76mg (9.78%), Vitamin B6: 0.19mg (9.58%), Vitamin B2: 0.13mg (7.62%), Potassium: 243.55mg (6.96%), Vitamin B3: 1.38mg (6.93%), Folate: 24.24µg (6.06%), Vitamin B1: 0.08mg (5.53%), Vitamin B5: 0.44mg (4.41%), Vitamin E: 0.53mg (3.54%)