



## Garlicky Clam And Mushroom Linguine

READY IN



45 min.

SERVINGS



4

CALORIES



274 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.1 teaspoon pepper black freshly ground
- 6.5 ounce clams undrained chopped canned
- 0.3 teaspoon pepper red crushed
- 0.3 cup parsley fresh chopped
- 6 garlic cloves minced
- 0.5 cup green onions finely chopped
- 6 ounces pasta uncooked
- 8 ounce pre mushrooms
- 1 tablespoon olive oil

- 2 teaspoons olive oil
- 1 teaspoon oregano dried
- 0.3 cup parmesan cheese grated
- 0.5 teaspoon salt

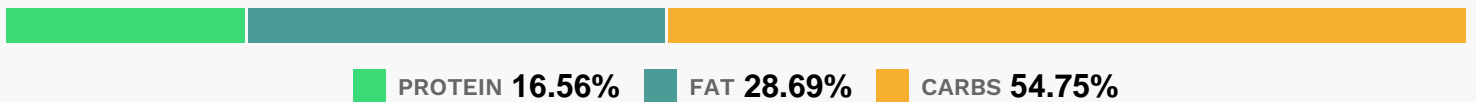
## Equipment

- frying pan

## Directions

- Cook pasta according to package directions, omitting salt and fat; drain and keep warm.
- Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- Add mushrooms, and cook 5 minutes or just until tender.
- Remove mushrooms from pan; keep warm.
- Add 2 teaspoons olive oil to pan; add clams and next 3 ingredients, stirring often, until mixture comes to a boil. Reduce heat; add cooked mushrooms, onions, and parsley. Cook 2 minutes.
- Add pasta, Parmesan cheese, and remaining ingredients. Toss well.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:58, Glycemic Load:13.91, Inflammation Score:-8, Nutrition Score:17.718695630198%

## Flavonoids

Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

## Nutrients (% of daily need)

Calories: 274.22kcal (13.71%), Fat: 8.86g (13.63%), Saturated Fat: 2.24g (3.98%), Carbohydrates: 38.05g (12.68%), Net Carbohydrates: 35.27g (12.82%), Sugar: 2.67g (2.97%), Cholesterol: 9.32mg (3.11%), Sodium: 453.64mg

(19.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.51g (23.02%), Vitamin K: 114.8µg (109.34%), Selenium: 37.95µg (54.21%), Manganese: 0.57mg (28.43%), Phosphorus: 211.27mg (21.13%), Vitamin B2: 0.31mg (18.16%), Copper: 0.35mg (17.35%), Vitamin B12: 0.92µg (15.27%), Vitamin B3: 3mg (15.01%), Vitamin C: 11.61mg (14.07%), Vitamin A: 684.95IU (13.7%), Calcium: 119.95mg (11.99%), Vitamin B5: 1.13mg (11.32%), Fiber: 2.78g (11.14%), Potassium: 383.57mg (10.96%), Vitamin B6: 0.2mg (10.14%), Iron: 1.8mg (10.01%), Magnesium: 39.65mg (9.91%), Zinc: 1.47mg (9.77%), Folate: 35.1µg (8.78%), Vitamin E: 1.18mg (7.89%), Vitamin B1: 0.11mg (7.26%), Vitamin D: 0.16µg (1.03%)