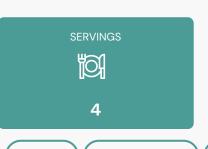


Grill-Roasted Clam Linguine

airy Free







SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

12 ounces pasta

3 fillet oil-packed anchovies canned minced
48 clams scrubbed (such as littleneck)
4 servings kosher salt
4 garlic clove chopped
2.5 tablespoons juice of lemon fresh
1.5 teaspoons lemon zest divided finely grated
4 servings lemon wedges (for garnish)

	0.3 cup olive oil extra virgin extra-virgin
	2 tablespoons parsley fresh italian divided chopped
	0.8 teaspoon pepper dried red crushed
	1.3 cups sauvignon blanc white wine
Equipment	
	bowl
	baking sheet
	sauce pan
	pot
	grill
	. .
Dii	rections
	Heat olive oil in small deep saucepan over medium-low heat.
	Add garlic, 3/4 teaspoon lemon peel, and crushed red pepper. Sauté until garlic is soft, about 3 minutes.
	Add wine, increase heat, and boil until mixture is reduced to 1 cup, about 6 minutes.
	Remove sauce from heat; mix in lemon juice, anchovies, 1 tablespoon parsley, and remaining 3/4 teaspoon lemon peel. Season with coarse salt. DO AHEAD Can be made 2 hours ahead.
	Let stand at room temperature. Rewarm before using.
	Prepare barbecue (high heat). Arrange clams on grill rack. Cover grill. Cook clams 5 minutes. Uncover and cook without turning until clams open.
	Transfer to rimmed baking sheet as they open, retaining juices in shells, about 5 minutes longer (discard any clams that do not open).
	Meanwhile, cook pasta in large pot of boiling salted water until just tender but still firm to bite.
	Drain pasta and divide among 4 large shallow bowls.
	Arrange 12 clams in shells with juices on pasta in each bowl. Spoon sauce over.
	Garnish with lemon wedges and sprinkle with 1 tablespoon parsley.

Nutrition Facts

Properties

Glycemic Index:39.13, Glycemic Load:26.09, Inflammation Score:-6, Nutrition Score:16.740869432688%

Flavonoids

Eriodictyol: 0.67mg, Eriodictyol: 0.67mg, Eriodictyol: 0.67mg, Eriodictyol: 0.67mg Hesperetin: 1.64mg, Hesperetin: 1.64mg, Hesperetin: 1.64mg, Hesperetin: 1.64mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 4.32mg, Apigenin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 530.79kcal (26.54%), Fat: 15.21g (23.4%), Saturated Fat: 2.18g (13.63%), Carbohydrates: 68.18g (22.73%), Net Carbohydrates: 65.07g (23.66%), Sugar: 2.64g (2.93%), Cholesterol: 8.2mg (2.73%), Sodium: 248.74mg (10.81%), Alcohol: 8.26g (100%), Alcohol %: 4.76% (100%), Protein: 15.42g (30.84%), Selenium: 62.5µg (89.28%), Vitamin B12: 2.85µg (47.57%), Manganese: 0.86mg (43.19%), Vitamin K: 41.6µg (39.62%), Phosphorus: 220.4mg (22.04%), Vitamin E: 2.41mg (16.08%), Copper: 0.28mg (14%), Magnesium: 53.45mg (13.36%), Fiber: 3.12g (12.47%), Vitamin C: 8.72mg (10.57%), Iron: 1.89mg (10.47%), Zinc: 1.43mg (9.51%), Vitamin B3: 1.79mg (8.93%), Vitamin B6: 0.18mg (8.9%), Vitamin A: 356.99IU (7.14%), Potassium: 248.16mg (7.09%), Vitamin B1: 0.09mg (6.18%), Folate: 21.98µg (5.5%), Vitamin B5: 0.46mg (4.56%), Vitamin B2: 0.07mg (4.4%), Calcium: 40.94mg (4.09%)