



## Grill-Roasted Clam Linguine

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



531 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 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)
- ☐ 12 ounces pasta

- ☐ 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

## Directions

- ☐ 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 Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.06mg, Luteolin: 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 Quercetin: 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%)