



Herbed Clam Linguine

READY IN



35 min.

SERVINGS



4

CALORIES



471 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 quarts water
- 1 teaspoon salt
- 13 ounces clams minced drained canned
- 8 ounces pasta like spaghetti
- 0.3 cup butter
- 2 tablespoons parsley fresh chopped
- 1 tablespoon basil dried fresh chopped
- 0.8 teaspoon thyme sprigs dried fresh chopped
- 0.1 teaspoon pepper

- 3 garlic clove finely chopped
- 0.5 cup whipping cream (heavy)
- 0.3 cup wine dry white
- 0.3 cup parmesan cheese grated

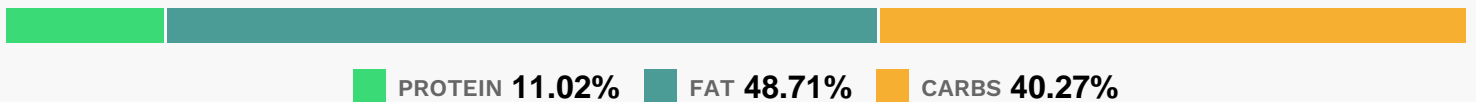
Equipment

- sauce pan
- dutch oven

Directions

- Heat water, salt and reserved clam liquor to boiling in 4-quart Dutch oven. Gradually add linguine. Boil uncovered 8 to 10 minutes, stirring occasionally, just until tender; drain. Return to Dutch oven; toss with 2 tablespoons of the butter.
- Melt remaining 2 tablespoons butter in 2-quart saucepan over low heat. Stir in parsley, basil, thyme, pepper, garlic and clams. Cook over low heat, stirring constantly, until clams are heated through. Stir in whipping cream and wine; heat through, stirring occasionally.
- Pour sauce over linguine.
- Add Parmesan cheese; toss until evenly coated.

Nutrition Facts



Properties

Glycemic Index:55.75, Glycemic Load:17.47, Inflammation Score:-8, Nutrition Score:15.387826007345%

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: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

0.05mg

Nutrients (% of daily need)

Calories: 470.95kcal (23.55%), Fat: 24.98g (38.42%), Saturated Fat: 10.39g (64.95%), Carbohydrates: 46.45g (15.48%), Net Carbohydrates: 44.08g (16.03%), Sugar: 2.59g (2.88%), Cholesterol: 43.2mg (14.4%), Sodium: 882.25mg (38.36%), Alcohol: 1.54g (100%), Alcohol %: 0.23% (100%), Protein: 12.72g (25.44%), Selenium: 43.51µg (62.16%), Vitamin K: 51.29µg (48.85%), Manganese: 0.71mg (35.48%), Vitamin B12: 1.71µg (28.46%), Vitamin A: 1234.62IU (24.69%), Phosphorus: 205.21mg (20.52%), Copper: 0.33mg (16.26%), Calcium: 150.47mg (15.05%), Magnesium: 55.36mg (13.84%), Iron: 2.2mg (12.2%), Zinc: 1.43mg (9.52%), Fiber: 2.37g (9.49%), Vitamin B2: 0.14mg (8.4%), Vitamin B6: 0.15mg (7.54%), Vitamin E: 1.03mg (6.84%), Potassium: 238.8mg (6.82%), Vitamin B3: 1.15mg (5.77%), Vitamin C: 4.18mg (5.06%), Folate: 19.14µg (4.79%), Vitamin B1: 0.07mg (4.68%), Vitamin B5: 0.41mg (4.12%), Vitamin D: 0.51µg (3.38%)