



## Herbed Clam Linguine

READY IN



35 min.

SERVINGS



4

CALORIES



471 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 cup butter
- 0.3 cup wine dry white
- 13 ounces clams minced drained canned
- 1 tablespoon basil dried fresh chopped
- 2 tablespoons parsley fresh chopped
- 0.8 teaspoon thyme sprigs dried fresh chopped
- 3 garlic clove finely chopped
- 8 ounces pasta like spaghetti
- 0.3 cup parmesan cheese grated

- 0.1 teaspoon pepper
- 1 teaspoon salt
- 3 quarts water
- 0.5 cup whipping cream (heavy)

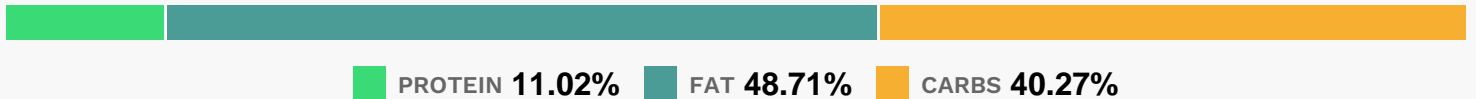
## Equipment

- 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%)