



## Linguine with Clam Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



401 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 4 slices bacon
- 0.1 teaspoon pepper black
- 2 teaspoons bottled garlic minced
- 8 ounce bottled clam juice
- 13 ounce clams minced drained canned
- 0.1 teaspoon pepper red crushed
- 1 teaspoon basil dried
- 1 tablespoon juice of lemon
- 9 ounce pasta fresh

1 ounce preshredded parmesan cheese fresh

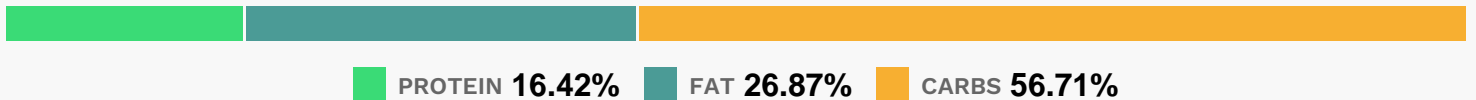
## Equipment

frying pan

## Directions

- Cook pasta according to package directions, omitting salt and fat.
- Drain.
- While pasta cooks, place bacon in a large nonstick skillet over medium heat, and cook until crisp.
- Remove bacon from pan, and crumble. Reserve 1 tablespoon drippings in pan.
- Add garlic and basil; saut for 30 seconds.
- Add bacon, lemon juice, and the next 4 ingredients (lemon juice through clam juice); cook 3 minutes, stirring occasionally.
- Combine the pasta and clam mixture, and toss well.
- Sprinkle with cheese.

## Nutrition Facts



## Properties

Glycemic Index:39.5, Glycemic Load:19.58, Inflammation Score:-4, Nutrition Score:13.017826062182%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 400.74kcal (20.04%), Fat: 11.81g (18.18%), Saturated Fat: 4.3g (26.89%), Carbohydrates: 56.12g (18.71%), Net Carbohydrates: 53.65g (19.51%), Sugar: 3.77g (4.18%), Cholesterol: 23.49mg (7.83%), Sodium: 477.69mg (20.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.24g (32.49%), Selenium: 51.17µg (73.1%),

Manganese: 0.69mg (34.72%), Vitamin B12: 1.77µg (29.56%), Phosphorus: 240.12mg (24.01%), Magnesium: 47.85mg (11.96%), Calcium: 119.17mg (11.92%), Copper: 0.23mg (11.72%), Vitamin B6: 0.23mg (11.45%), Vitamin B3: 2.21mg (11.04%), Zinc: 1.52mg (10.15%), Fiber: 2.46g (9.85%), Vitamin B1: 0.14mg (9.41%), Iron: 1.57mg (8.74%), Potassium: 271.66mg (7.76%), Vitamin C: 5.07mg (6.14%), Vitamin B2: 0.1mg (5.82%), Vitamin B5: 0.52mg (5.2%), Folate: 18.83µg (4.71%), Vitamin K: 4.71µg (4.48%), Vitamin A: 210.62IU (4.21%), Vitamin E: 0.4mg (2.64%)