



Linguine with Clam Sauce

READY IN

ready

32 min.

SERVINGS

servings

4

CALORIES

calories

585 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 13 ounce clams with juice minced canned
- ☐ 0.3 tablespoon basil dried
- ☐ 1 tablespoon parsley dried
- ☐ 0.5 teaspoon garlic minced
- ☐ 4 servings ground pepper black to taste
- ☐ 16 ounce linguini pasta
- ☐ 0.5 cup vegetable oil

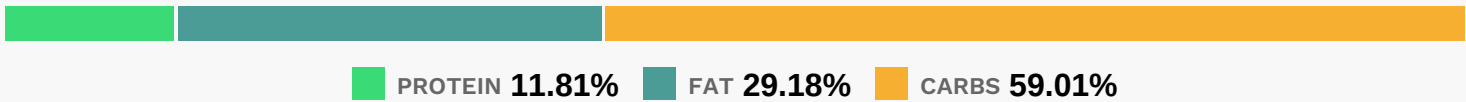
Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to boil. Cook pasta according to package directions.
- ☐ Combine clams with juice, butter, oil, minced garlic, parsley, basil, and pepper in a large saucepan.
- ☐ Place over medium heat until boiling.
- ☐ Serve warm over pasta.

Nutrition Facts



Properties

Glycemic Index:45.25, Glycemic Load:34.22, Inflammation Score:-6, Nutrition Score:16.266086967095%

Flavonoids

Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 585.35kcal (29.27%), Fat: 18.84g (28.99%), Saturated Fat: 8.48g (52.98%), Carbohydrates: 85.74g (28.58%), Net Carbohydrates: 81.85g (29.76%), Sugar: 3.08g (3.42%), Cholesterol: 34.65mg (11.55%), Sodium: 108.3mg (4.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.16g (34.33%), Selenium: 76.17µg (108.82%), Manganese: 1.14mg (57.21%), Vitamin B12: 1.59µg (26.43%), Phosphorus: 248.69mg (24.87%), Vitamin K: 22.41µg (21.34%), Copper: 0.35mg (17.33%), Magnesium: 67.05mg (16.76%), Fiber: 3.89g (15.56%), Zinc: 1.73mg (11.55%), Iron: 2.05mg (11.4%), Vitamin B3: 2.05mg (10.24%), Vitamin B6: 0.18mg (8.78%), Vitamin A: 408.14IU (8.16%), Potassium: 285.46mg (8.16%), Vitamin B1: 0.11mg (7.13%), Vitamin E: 1.07mg (7.11%), Folate: 23.23µg (5.81%), Vitamin B2: 0.09mg (5.52%), Vitamin B5: 0.54mg (5.36%), Calcium: 45.03mg (4.5%)