



Linguine with Clam Sauce

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



629 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 beefsteak tomatoes diced
- ☐ 20 clams rinsed (such as littleneck or Manila)
- ☐ 1 cup wine dry white
- ☐ 0.3 cup tarragon fresh chopped
- ☐ 1 clove garlic thinly sliced
- ☐ 4 servings kosher salt
- ☐ 1 pound pasta dried
- ☐ 3 tablespoons olive oil extra virgin extra-virgin

☐ 0.3 teaspoon pepper red

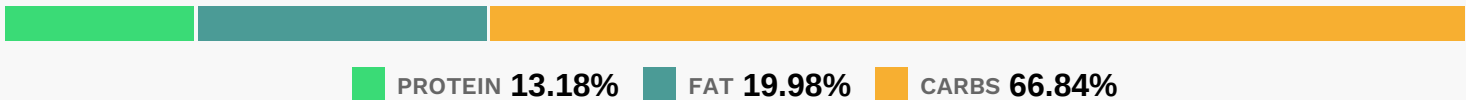
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Cook the linguine according to the package directions. Meanwhile, heat the oil in a medium skillet over medium heat.
- ☐ Add the garlic and cook for 30 seconds, stirring.
- ☐ Add the tomatoes, wine, red pepper, and 3/4 teaspoon salt and bring to a boil.
- ☐ Add the clams, cover, and cook until they open, 5 to 7 minutes. Discard any unopened clams. After draining the linguine, return it to the pot and stir in the clams and sauce. Divide among individual bowls and top with the tarragon.
- ☐ Serve with crusty bread, if desired. Tip: At the store, select tightly closed clams with shells free of chips and cracks. At home, remove the clams from the bag so they can breathe. Keep them on ice in the refrigerator, covered with a damp cloth, until you're ready to cook.

Nutrition Facts



Properties

Glycemic Index:55.5, Glycemic Load:38.01, Inflammation Score:-9, Nutrition Score:26.962174104608%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 1.96mg, Naringenin: 1.96mg, Naringenin: 1.96mg, Naringenin: 1.96mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

1.52mg

Nutrients (% of daily need)

Calories: 628.53kcal (31.43%), Fat: 13.08g (20.12%), Saturated Fat: 1.92g (11.99%), Carbohydrates: 98.44g (32.81%), Net Carbohydrates: 91.46g (33.26%), Sugar: 10.33g (11.47%), Cholesterol: 3.15mg (1.05%), Sodium: 226.59mg (9.85%), Alcohol: 6.18g (100%), Alcohol %: 1.73% (100%), Protein: 19.41g (38.81%), Selenium: 75.21µg (107.45%), Manganese: 1.68mg (83.94%), Vitamin A: 2326.65IU (46.53%), Vitamin C: 36.76mg (44.56%), Phosphorus: 318.61mg (31.86%), Potassium: 1006.51mg (28.76%), Fiber: 6.98g (27.94%), Magnesium: 107.59mg (26.9%), Vitamin K: 26.99µg (25.7%), Copper: 0.51mg (25.57%), Vitamin B6: 0.48mg (24.24%), Vitamin E: 3.13mg (20.89%), Iron: 3.62mg (20.11%), Vitamin B12: 1.19µg (19.77%), Vitamin B3: 3.85mg (19.25%), Folate: 68.58µg (17.14%), Zinc: 2.3mg (15.31%), Vitamin B1: 0.21mg (14.05%), Vitamin B2: 0.17mg (10.26%), Calcium: 97.11mg (9.71%), Vitamin B5: 0.76mg (7.64%)