



Linguine with Clam Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



319 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 3 tablespoons butter
- ☐ 8 ounce bottled clam juice
- ☐ 13 ounce clams minced undrained canned
- ☐ 0.5 cup wine dry white
- ☐ 5 garlic clove minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 12 ounce pasta
- ☐ 24 littleneck clams scrubbed

- ☐ 1 cup parsley finely chopped
- ☐ 0.5 teaspoon salt

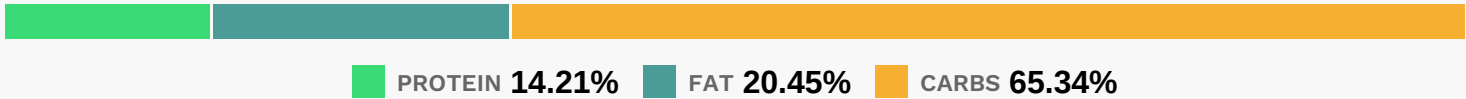
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook linguine according to package directions, omitting salt and fat. Set aside.
- ☐ Melt butter in a large skillet over medium heat.
- ☐ Add garlic to pan; cook 3 minutes or until golden.
- ☐ Stir in wine, salt, and clam juice.
- ☐ Drain minced clams; add juice to pan (reserve minced clams). Simmer for 5 minutes.
- ☐ Add littleneck clams; cover and cook 3 to 4 minutes or until the shells open.
- ☐ Remove from heat, and discard any unopened shells.
- ☐ Add reserved minced clams, parsley, lemon juice, and pepper.
- ☐ Place pasta in a large bowl.
- ☐ Add clam mixture to pasta, and toss well.
- ☐ Serve with lemon wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:17.6, Inflammation Score:-8, Nutrition Score:16.662608778995%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg

0.14mg, Naringenin: 0.14mg Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 1.53mg, Myricetin: 1.53mg, Myricetin: 1.53mg, Myricetin: 1.53mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 318.76kcal (15.94%), Fat: 6.88g (10.59%), Saturated Fat: 3.81g (23.79%), Carbohydrates: 49.46g (16.49%), Net Carbohydrates: 47.09g (17.12%), Sugar: 3.2g (3.55%), Cholesterol: 20.33mg (6.78%), Sodium: 395.98mg (17.22%), Alcohol: 2.06g (100%), Alcohol %: 1.66% (100%), Protein: 10.76g (21.52%), Vitamin K: 164.77µg (156.93%), Selenium: 41.84µg (59.77%), Vitamin B12: 2.01µg (33.56%), Manganese: 0.63mg (31.73%), Vitamin A: 1127.24IU (22.54%), Vitamin C: 17.91mg (21.7%), Phosphorus: 161.56mg (16.16%), Magnesium: 43.43mg (10.86%), Copper: 0.21mg (10.44%), Iron: 1.81mg (10.04%), Fiber: 2.37g (9.49%), Vitamin B6: 0.16mg (7.9%), Folate: 30.8µg (7.7%), Potassium: 255.23mg (7.29%), Zinc: 1.09mg (7.26%), Vitamin B3: 1.29mg (6.45%), Vitamin B1: 0.08mg (5.19%), Calcium: 44.21mg (4.42%), Vitamin B5: 0.38mg (3.81%), Vitamin B2: 0.06mg (3.79%), Vitamin E: 0.47mg (3.14%)