



Linguine With Clam Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



465 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 13 oz clams chopped canned
- ☐ 0.3 cup cooking wine dry white
- ☐ 2 tablespoons basil fresh chopped
- ☐ 8 oz mushrooms fresh sliced
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 2 teaspoons penzey's southwest seasoning italian crushed

- ☐ 12 oz pasta
- ☐ 0.3 cup olive oil
- ☐ 6 servings garnish: parmesan cheese freshly grated
- ☐ 0.1 teaspoon pepper dried red crushed

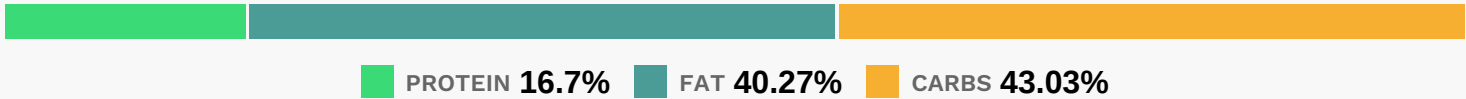
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Cook pasta in a Dutch oven according to package directions.
- ☐ Drain and return to Dutch oven; set aside.
- ☐ Drain clams, reserving juice.
- ☐ Melt butter with oil in a large skillet over medium heat; add mushrooms and garlic, and saut 5 minutes or until mushrooms are tender.
- ☐ Add clams, white wine, basil, and next 4 ingredients; cook, stirring often, 5 minutes.
- ☐ Stir reserved clam juice into pasta in Dutch oven; cook over medium heat 5 minutes.
- ☐ Remove from heat; add mushroom mixture, tossing to coat.
- ☐ Garnish, if desired.
- ☐ *1 tsp. dried Italian seasoning may be substituted.
- ☐ Note: For testing purposes only, we used Dean Jacob's Grinder Fresh Italiano All Natural Seasoning.

Nutrition Facts



Properties

Glycemic Index:55.83, Glycemic Load:17.61, Inflammation Score:-6, Nutrition Score:17.187826332839%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 465.08kcal (23.25%), Fat: 20.42g (31.42%), Saturated Fat: 7.3g (45.63%), Carbohydrates: 49.1g (16.37%), Net Carbohydrates: 46.5g (16.91%), Sugar: 2.47g (2.75%), Cholesterol: 33.88mg (11.29%), Sodium: 553.2mg (24.05%), Alcohol: 1.37g (100%), Alcohol %: 1.07% (100%), Protein: 19.06g (38.11%), Selenium: 52.96µg (75.66%), Phosphorus: 355.76mg (35.58%), Vitamin K: 35.2µg (33.53%), Manganese: 0.67mg (33.3%), Calcium: 300.57mg (30.06%), Vitamin B12: 1.47µg (24.42%), Vitamin B2: 0.3mg (17.85%), Zinc: 2.42mg (16.12%), Copper: 0.32mg (15.81%), Magnesium: 50.56mg (12.64%), Vitamin B3: 2.47mg (12.35%), Vitamin E: 1.79mg (11.91%), Fiber: 2.6g (10.39%), Vitamin A: 517.22IU (10.34%), Potassium: 341.88mg (9.77%), Vitamin B5: 0.95mg (9.53%), Iron: 1.69mg (9.37%), Vitamin B6: 0.18mg (9.03%), Vitamin B1: 0.1mg (6.51%), Folate: 23.23µg (5.81%), Vitamin C: 3.17mg (3.84%), Vitamin D: 0.23µg (1.5%)