



Linguine with Clam Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



496 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 18 clams
- 0.3 cup wine dry white
- 1 tablespoon flat parsley fresh italian chopped
- 6 cloves garlic finely chopped
- 4 servings pepper black freshly ground
- 1 pound pasta
- 0.5 cup olive oil

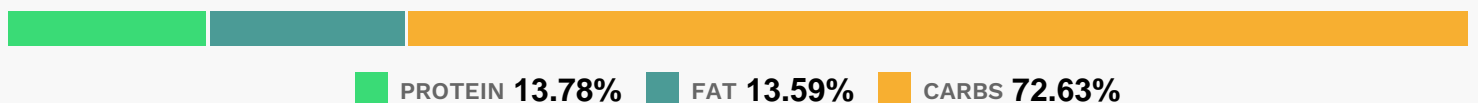
Equipment

- bowl
- sauce pan
- pot

Directions

- Bring a large pot of salted water to a boil and cook the pasta, following the package instructions, until al dente.
- Meanwhile, warm 1/2 cup of the olive oil in a high-sided saucepan set over medium-high heat.
- Add the garlic and cook until softened, about 2 minutes.
- Add the wine and allow it to cook away slightly, about 1 minute.
- Add the clams and their juice, and season with salt and pepper. Cook until the broth froths to a level of 1 to 2 inches.
- Remove from the heat. Stir in the parsley.
- Drain the pasta and toss in a serving bowl with the remaining 1 tablespoon olive oil. Distribute evenly among six dinner plates. Top with equal portions of the sauce, and serve immediately.
- WINE PAIRING: Light white and full white VARIATIONS: The same dish may be prepared without removing the clams from their shells, making for a less formal, hands-on meal. Warm the olive oil in a pot large enough to hold the clams in a single layer.
- Add the garlic and cook until softened but not browned, about 2 minutes.
- Add the wine and allow to simmer and sweeten, about 2 minutes.
- Add the clams and parsley, and cover the pot. Cook until the clams open, about 5 minutes. Season with salt and pepper.
- Remove from the heat and spoon over cooked pasta. Be sure to discard any unopened clams.
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Nutrition Facts



Properties

Glycemic Index:44.5, Glycemic Load:34.63, Inflammation Score:-5, Nutrition Score:15.606086803519%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg 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: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 496.19kcal (24.81%), Fat: 7.24g (11.13%), Saturated Fat: 1.08g (6.77%), Carbohydrates: 87.02g (29.01%), Net Carbohydrates: 83.24g (30.27%), Sugar: 3.23g (3.58%), Cholesterol: 2.84mg (0.94%), Sodium: 14.3mg (0.62%), Alcohol: 1.54g (100%), Alcohol %: 1.15% (100%), Protein: 16.51g (33.03%), Selenium: 75.22µg (107.46%), Manganese: 1.15mg (57.75%), Phosphorus: 243.36mg (24.34%), Vitamin K: 20.08µg (19.13%), Vitamin B12: 1.07µg (17.8%), Copper: 0.35mg (17.48%), Magnesium: 65.19mg (16.3%), Fiber: 3.78g (15.13%), Zinc: 1.73mg (11.53%), Vitamin B6: 0.23mg (11.32%), Iron: 1.85mg (10.26%), Vitamin B3: 2.02mg (10.11%), Potassium: 292.84mg (8.37%), Vitamin B1: 0.11mg (7.61%), Vitamin E: 0.98mg (6.52%), Folate: 22.71µg (5.68%), Vitamin B5: 0.54mg (5.42%), Vitamin B2: 0.08mg (4.72%), Calcium: 38.87mg (3.89%), Vitamin C: 2.73mg (3.31%), Vitamin A: 113.54IU (2.27%)