



Linguine with Clam Sauce and Baby Portobello Mushrooms

READY IN

ready

60 min.

SERVINGS

servings

4

CALORIES

calories

700 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounce baby portobello mushrooms sliced chopped
- ☐ 0.5 cup butter
- ☐ 4 cubes chicken bouillon
- ☐ 26 ounce clams with juice chopped canned
- ☐ 1 teaspoon basil dried
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 3 cloves garlic chopped
- ☐ 1 tablespoon olive oil

- ☐ 1 teaspoon oregano dried
- ☐ 16 ounce linguini pasta uncooked
- ☐ 1 tablespoon worcestershire sauce

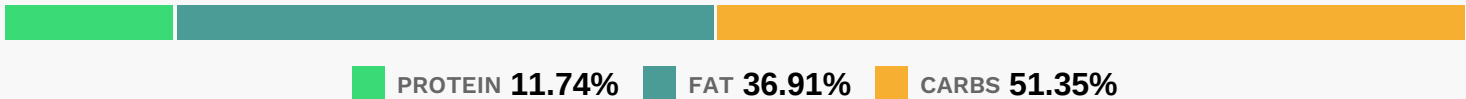
Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ Warm olive oil in a saucepan over medium heat. Stir in garlic and mushrooms; cook until mushrooms are tender. Stir in clam juice, chicken bouillon, parsley, basil, oregano, and Worcestershire sauce. Increase heat to high, and bring to a quick boil. Reduce heat to medium; simmer 30 minutes.
- ☐ Meanwhile, bring a large pot of lightly salted water to a boil.
- ☐ Add pasta, and cook until al dente, about 8-10 minutes.
- ☐ Drain and set aside.
- ☐ Stir chopped clams and butter into the sauce; simmer 15 minutes more.
- ☐ Pour over cooked pasta to serve.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:34.54, Inflammation Score:-8, Nutrition Score:21.893478222515%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 700.27kcal (35.01%), Fat: 28.74g (44.22%), Saturated Fat: 15.48g (96.78%), Carbohydrates: 89.96g (29.99%), Net Carbohydrates: 85.21g (30.99%), Sugar: 4.95g (5.5%), Cholesterol: 69.3mg (23.1%), Sodium: 270.42mg (11.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.57g (41.13%), Selenium: 91.33µg (130.47%), Manganese: 1.19mg (59.56%), Vitamin B12: 3.2µg (53.33%), Phosphorus: 345.12mg (34.51%), Vitamin K: 28.14µg (26.8%), Copper: 0.53mg (26.49%), Vitamin B3: 4.68mg (23.39%), Fiber: 4.75g (19.01%), Vitamin A: 890.18IU (17.8%), Magnesium: 70.68mg (17.67%), Iron: 2.86mg (15.87%), Potassium: 540.32mg (15.44%), Vitamin B6: 0.29mg (14.3%), Zinc: 2.14mg (14.28%), Vitamin B5: 1.23mg (12.31%), Vitamin E: 1.62mg (10.78%), Folate: 42.42µg (10.6%), Vitamin B2: 0.18mg (10.42%), Vitamin B1: 0.15mg (10.03%), Calcium: 66.78mg (6.68%), Vitamin C: 2.6mg (3.15%), Vitamin D: 0.17µg (1.13%)