



## Linguine with Clams

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



214 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 30 ounce baby clams whole undrained canned (such as Chicken of the Sea)
- 0.3 teaspoon pepper red crushed
- 0.3 cup cooking wine dry white
- 0.3 cup less-sodium chicken broth fat-free
- 3 tablespoons parsley fresh chopped
- 2 large garlic cloves minced
- 8 ounces pasta uncooked
- 2 tablespoons olive oil

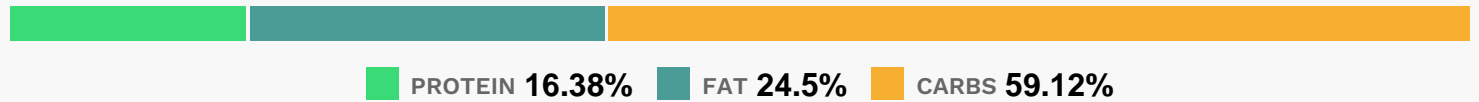
# Equipment

frying pan

# Directions

- Cook pasta according to package directions, omitting salt and fat.
- While pasta cooks, heat oil in a large nonstick skillet over medium-high heat.
- Add garlic and crushed red pepper, and saut 1 minute.
- Drain clams, reserving juice.
- Add reserved juice, wine, and broth to pan. Bring to a boil; reduce heat to medium-high, and cook 5 minutes. Stir in clams; cook 1 minute. Stir in parsley. Toss with hot pasta.

# Nutrition Facts



# Properties

Glycemic Index:24.33, Glycemic Load:11.72, Inflammation Score:-4, Nutrition Score:9.526086827983%

# 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: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg 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: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

# Nutrients (% of daily need)

Calories: 213.66kcal (10.68%), Fat: 5.5g (8.45%), Saturated Fat: 0.79g (4.96%), Carbohydrates: 29.85g (9.95%), Net Carbohydrates: 28.52g (10.37%), Sugar: 1.19g (1.32%), Cholesterol: 6.38mg (2.13%), Sodium: 69.17mg (3.01%), Alcohol: 1.37g (100%), Alcohol %: 1.88% (100%), Protein: 8.27g (16.53%), Selenium: 30.85µg (44.07%), Vitamin B12: 2.43µg (40.46%), Vitamin K: 35.85µg (34.14%), Manganese: 0.4mg (20.15%), Phosphorus: 120.27mg (12.03%), Magnesium: 26.91mg (6.73%), Copper: 0.13mg (6.51%), Vitamin E: 0.91mg (6.04%), Iron: 1.07mg (5.95%), Fiber: 1.33g (5.3%), Vitamin A: 257.06IU (5.14%), Zinc: 0.7mg (4.64%), Vitamin B3: 0.84mg (4.22%), Vitamin B6: 0.08mg (4.01%), Vitamin C: 2.97mg (3.6%), Potassium: 124.08mg (3.55%), Vitamin B1: 0.04mg (2.85%), Folate: 11.22µg (2.8%),

Vitamin B2: 0.04mg (2.33%), Vitamin B5: 0.23mg (2.3%), Calcium: 22.83mg (2.28%)