



Linguine with Clams and Fennel

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



408 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 3 pounds cockles scrubbed (such as Manila)
- ☐ 0.8 cup wine dry white
- ☐ 0.5 small fennel bulb finely chopped coarsely chopped for garnish
- ☐ 1 teaspoon fennel pollen toasted finely ()
- ☐ 6 garlic clove chopped
- ☐ 6 servings kosher salt
- ☐ 1 pound pasta

☐ 3 tablespoons olive oil extra virgin extra-virgin plus more for drizzling

Equipment

☐ bowl

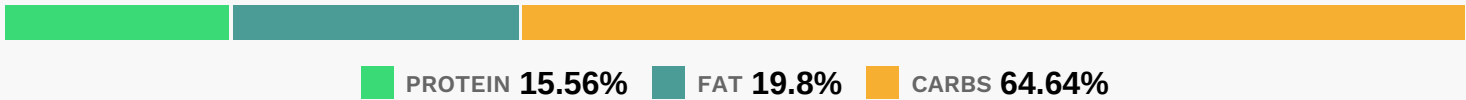
☐ pot

☐ tongs

Directions

- ☐ Bring a large pot of salted water to a boil.
- ☐ Add pasta and cook, stirring occasionally,until almost al dente.
- ☐ Drain, reserving 1 cup pasta cooking liquid.
- ☐ Meanwhile, heat 3 tablespoons oil in another large heavy pot over medium heat.
- ☐ Add chopped fennel and garlic; cook, stirring often, until softened but not browned, 2-3 minutes.
- ☐ Add wine, then clams. Increase heat to high. Cover and cook until clams open, 4-7 minutes, depending on size of clams. As clams open, use tongs to transfer them to a large bowl (discard any that do not open).
- ☐ Add 1/2 cup reserved pasta cooking liquid to clam juices in pot; bring to a boil.
- ☐ Add pasta to pot. Cook over high heat, tossing constantly, until pasta is al dente and has soaked up some of the sauce, 2-3 minutes. Season with salt and pepper.
- ☐ Add clams with any juices from bowl and 2 tablespoons fennel fronds; toss to combine, adding more pasta liquid by tablespoonfuls if dry.
- ☐ Divide among bowls.
- ☐ Drizzle with oil; garnish with fennel fronds and fennel pollen.

Nutrition Facts



Properties

Glycemic Index:27.33, Glycemic Load:23.47, Inflammation Score:-4, Nutrition Score:12.863043611464%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 407.93kcal (20.4%), Fat: 8.44g (12.98%), Saturated Fat: 1.2g (7.48%), Carbohydrates: 61.98g (20.66%), Net Carbohydrates: 58.86g (21.4%), Sugar: 3.1g (3.45%), Cholesterol: 0mg (0%), Sodium: 210.64mg (9.16%), Alcohol: 3.09g (100%), Alcohol %: 2.3% (100%), Protein: 14.91g (29.83%), Selenium: 48.38µg (69.11%), Manganese: 0.83mg (41.45%), Iron: 7.06mg (39.22%), Phosphorus: 162.78mg (16.28%), Vitamin K: 16.87µg (16.07%), Vitamin B3: 2.55mg (12.77%), Fiber: 3.11g (12.45%), Copper: 0.24mg (12.15%), Magnesium: 47.31mg (11.83%), Vitamin B6: 0.17mg (8.45%), Potassium: 284.08mg (8.12%), Vitamin E: 1.21mg (8.05%), Zinc: 1.18mg (7.85%), Vitamin B2: 0.13mg (7.51%), Calcium: 57.73mg (5.77%), Vitamin B1: 0.08mg (5.4%), Folate: 19.28µg (4.82%), Vitamin B5: 0.4mg (4.04%), Vitamin C: 3.28mg (3.97%)