



Linguine with Clams and Fresh Herbs

READY IN



25 min.

SERVINGS



2

CALORIES



696 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 18 small clams scrubbed (such as Manila or tiny littleneck)
- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 2 garlic cloves chopped
- ☐ 13 ounce clams in juice chopped canned
- ☐ 8 ounces pasta
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup whipping cream

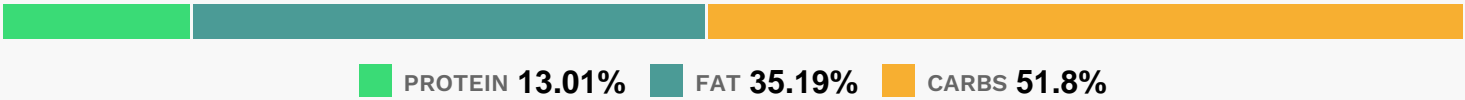
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ tongs

Directions

- ☐ Cook pasta in large pot of boiling salted water until tender but still firm to bite, stirring occasionally.
- ☐ Drain pasta.
- ☐ Meanwhile, heat oil in heavy large skillet over medium-high heat.
- ☐ Add garlic and sauté until fragrant, about 30 seconds.
- ☐ Add canned clams with juice, basil, tarragon, and parsley.
- ☐ Add fresh clams. Cover; reduce heat to medium and cook until clams open, about 6 minutes. Using tongs, transfer fresh clams to plate (discard any clams that do not open).
- ☐ Add cooked pasta and cream to sauce in skillet. Toss over medium-high heat until sauce coats pasta, about 1 minute. Season to taste with salt and pepper. Divide pasta between bowls. Top with fresh clams and serve.
- ☐ The size of clams can vary, so larger ones may take a minute or two longer to cook.

Nutrition Facts



Properties

Glycemic Index:149, Glycemic Load:35.78, Inflammation Score:-7, Nutrition Score:23.787825999053%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 695.58kcal (34.78%), Fat: 27.12g (41.73%), Saturated Fat: 9.23g (57.72%), Carbohydrates: 89.84g (29.95%), Net Carbohydrates: 85.81g (31.2%), Sugar: 3.95g (4.38%), Cholesterol: 45.55mg (15.18%), Sodium: 41.24mg (1.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.56g (45.12%), Selenium: 85.32µg (121.89%), Vitamin B12: 4.54µg (75.73%), Manganese: 1.42mg (70.88%), Vitamin K: 46.57µg (44.36%), Phosphorus: 327.63mg (32.76%), Magnesium: 84.28mg (21.07%), Iron: 3.56mg (19.8%), Copper: 0.39mg (19.58%), Vitamin A: 925.2IU (18.5%), Vitamin E: 2.71mg (18.07%), Fiber: 4.03g (16.13%), Vitamin B6: 0.3mg (15.02%), Zinc: 2.07mg (13.83%), Potassium: 431.34mg (12.32%), Vitamin B3: 2.46mg (12.28%), Vitamin B2: 0.19mg (11.34%), Calcium: 108.93mg (10.89%), Folate: 36.99µg (9.25%), Vitamin B1: 0.13mg (8.72%), Vitamin C: 5.7mg (6.91%), Vitamin B5: 0.65mg (6.51%), Vitamin D: 0.48µg (3.17%)