



## Linguine with Clams, Bacon, and Tomato

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



532 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 pound bacon sliced
- 1.5 cups canned tomatoes thick canned crushed (one 16-ounce can)
- 1 cup bottled clam juice
- 1.5 cups clams drained chopped
- 0.5 cup cooking wine dry white
- 0.3 cup flat-leaf parsley chopped
- 3 cloves garlic minced
- 0.8 pound pasta

0.3 teaspoon red-pepper flakes dried

0.8 teaspoon salt

## Equipment

frying pan

pot

slotted spoon

## Directions

In a large stainless-steel frying pan, cook the strips of bacon over moderate heat until almost crisp.

Remove the bacon with a slotted spoon.

Pour off all but 2 tablespoons of the fat from the pan.

Reduce the heat to moderately low.

Add the garlic and cook, stirring, for 30 seconds.

Add the wine. Stir in the bacon, tomatoes, and clam juice and bring to a simmer. Cook, partially covered, for 10 minutes.

Add the clams, parsley, salt, and red-pepper flakes and simmer for 30 seconds longer. Do not cook the clams too long or they will toughen. Taste the sauce and add more salt if needed.

In a large pot of boiling, salted water, cook the linguine until just done, about 12 minutes. Return the pasta to the hot pot.

Add the sauce and let sit 2 to 3 minutes so that the pasta absorbs some of the liquid.

Wine Recommendation: The full flavor of the clams and the acidity of the tomatoes are best with a straightforward, acidic white wine. The classic French shellfish wine is Muscadet de Svre-et-Maine.

## Nutrition Facts



PROTEIN **14.68%**  FAT **23.11%**  CARBS **62.21%**

## Properties

Glycemic Index:46, Glycemic Load:27.89, Inflammation Score:-8, Nutrition Score:23.321738979091%

## 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 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: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 532.26kcal (26.61%), Fat: 13.1g (20.15%), Saturated Fat: 4.08g (25.48%), Carbohydrates: 79.32g (26.44%), Net Carbohydrates: 74.38g (27.05%), Sugar: 8.58g (9.54%), Cholesterol: 22.54mg (7.51%), Sodium: 976.59mg (42.46%), Alcohol: 3.09g (100%), Alcohol %: 1.25% (100%), Protein: 18.72g (37.44%), Selenium: 64.52µg (92.17%), Vitamin K: 87.21µg (83.06%), Manganese: 1.06mg (53.14%), Phosphorus: 274.51mg (27.45%), Vitamin B12: 1.6µg (26.71%), Copper: 0.46mg (23.23%), Vitamin C: 18.66mg (22.62%), Vitamin B6: 0.42mg (20.98%), Vitamin B3: 4mg (20.02%), Fiber: 4.94g (19.75%), Magnesium: 78.27mg (19.57%), Potassium: 630.75mg (18.02%), Iron: 3.15mg (17.51%), Vitamin B1: 0.25mg (16.52%), Vitamin A: 790.5IU (15.81%), Zinc: 2.01mg (13.42%), Vitamin E: 1.59mg (10.59%), Folate: 40.48µg (10.12%), Vitamin B5: 0.89mg (8.92%), Vitamin B2: 0.15mg (8.61%), Calcium: 74.2mg (7.42%)