



Linguine with Clams (Linguine con le Vongole)

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



579 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 frangelico whole coarsely chopped canned
- 3 tablespoons sea salt
- 1 pound littleneck clams scrubbed
- 1 cup wine dry white
- 0.5 cup parsley fresh coarsely chopped
- 4 cloves garlic thinly sliced
- 1 pound pasta
- 12 tablespoons olive oil extra virgin extra-virgin

1 tablespoon pepper red

Equipment

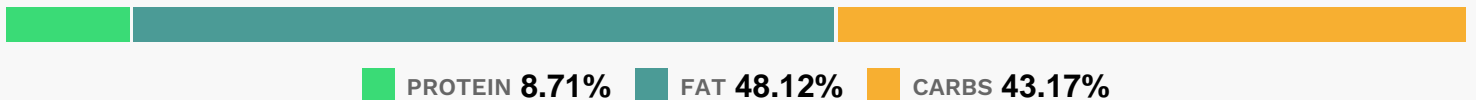
frying pan

pot

Directions

- In large pot over moderately high heat, combine 8 quarts of water to boil and salt. Bring to boil, then add linguine and cook to 1 minute short of al dente according to package directions (pasta should still be quite firm).
- Meanwhile, in large sauté pan over moderately high heat, heat 6 tablespoons extra- olive oil until hot but not smoking.
- Add garlic and sauté until just golden, about 30 seconds.
- Add clams and 1 tablespoon red pepper flakes and sauté 1 minute.
- Add wine, tomatoes and juice, and 1/2 cup parsley and simmer, uncovered, just until clams open, 7 to 8 minutes.
- Reserve 1/2 cup cooking water, then drain linguine and add to pan. Simmer, tossing occasionally, until linguine is just tender, about 1 minute. If necessary, add some of reserved cooking water to keep moist.
- Remove from heat.
- Add remaining 2 tablespoons parsley, 1 teaspoon red pepper flakes, and extra-virgin olive oil, tossing to coat.
- Transfer to serving dish and serve immediately.

Nutrition Facts



Properties

Glycemic Index:24.33, Glycemic Load:23.19, Inflammation Score:-7, Nutrition Score:18.033478239308%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 10.8mg, Apigenin: 10.8mg, Apigenin: 10.8mg, Apigenin: 10.8mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg 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: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 579.08kcal (28.95%), Fat: 29.49g (45.37%), Saturated Fat: 4.14g (25.85%), Carbohydrates: 59.54g (19.85%), Net Carbohydrates: 56.45g (20.53%), Sugar: 2.56g (2.85%), Cholesterol: 3.4mg (1.13%), Sodium: 3526.67mg (153.33%), Alcohol: 4.12g (100%), Alcohol %: 2.99% (100%), Protein: 12.01g (24.02%), Vitamin K: 100.56µg (95.77%), Selenium: 51.86µg (74.08%), Manganese: 0.82mg (41.14%), Vitamin E: 4.74mg (31.6%), Vitamin B12: 1.28µg (21.36%), Phosphorus: 182.49mg (18.25%), Vitamin A: 850.73IU (17.01%), Magnesium: 51.3mg (12.82%), Copper: 0.26mg (12.78%), Fiber: 3.09g (12.36%), Iron: 2.04mg (11.31%), Vitamin B6: 0.19mg (9.29%), Vitamin C: 7.28mg (8.83%), Zinc: 1.31mg (8.77%), Vitamin B3: 1.6mg (8.01%), Potassium: 264.92mg (7.57%), Folate: 22.61µg (5.65%), Vitamin B1: 0.08mg (5.56%), Vitamin B2: 0.08mg (4.44%), Calcium: 41.26mg (4.13%), Vitamin B5: 0.4mg (4.04%)