



Linguine with Garlicky White Clam Sauce

READY IN



35 min.

SERVINGS



6

CALORIES



453 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 fillet anchovy
- ☐ 20 ounce baby clams whole drained canned
- ☐ 0.5 cup parsley fresh chopped
- ☐ 6 cloves garlic minced
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1.5 teaspoons oregano dried
- ☐ 16 ounce linguine pasta
- ☐ 0.5 teaspoon pepper flakes red

- ☐ 2 tablespoons butter unsalted
- ☐ 0.3 cup white wine

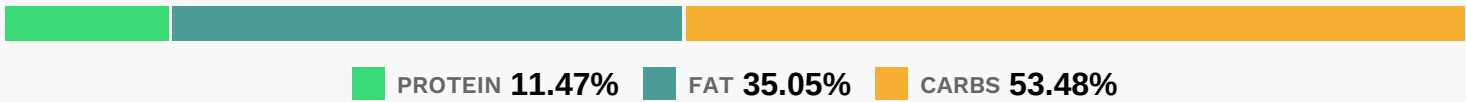
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil. Cook linguine at a boil until tender yet firm to the bite, about 11 minutes; drain.
- ☐ Heat olive oil in a large skillet over medium-high heat. Cook anchovies in the skillet until they dissolve into the oil, about 5 minutes; add garlic and continue cooking until it is lightly browned, 2 to 3 minutes. Melt butter into the anchovies mixture. When the butter begins to bubble, stir parsley, oregano, red pepper flakes, and black pepper into the butter mixture; cook to soften the parsley, about 1 minute.
- ☐ Pour wine and about 3/4 of the reserved clam juice into the skillet.
- ☐ Place a cover on the skillet and reduce heat to medium-low. Bring liquid to a simmer; add clams and continue to cook until the clams are heated through, 2 to 3 minutes.
- ☐ Pour clam sauce over linguine to serve.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:23.24, Inflammation Score:-8, Nutrition Score:17.11956541305%

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 Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.79mg, Myricetin: 0.79mg,

Myricetin: 0.79mg, Myricetin: 0.79mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 453.36kcal (22.67%), Fat: 17.23g (26.51%), Saturated Fat: 4.33g (27.06%), Carbohydrates: 59.15g (19.72%), Net Carbohydrates: 56.19g (20.43%), Sugar: 2.26g (2.51%), Cholesterol: 15.09mg (5.03%), Sodium: 21.48mg (0.93%), Alcohol: 1.37g (100%), Alcohol %: 1.34% (100%), Protein: 12.69g (25.37%), Vitamin K: 93.32µg (88.87%), Selenium: 53.16µg (75.94%), Manganese: 0.83mg (41.46%), Vitamin B12: 1.62µg (26.97%), Phosphorus: 185.78mg (18.58%), Vitamin E: 2.22mg (14.8%), Vitamin A: 640.11IU (12.8%), Copper: 0.25mg (12.68%), Magnesium: 49.87mg (12.47%), Fiber: 2.96g (11.84%), Iron: 1.95mg (10.83%), Vitamin C: 7.6mg (9.21%), Zinc: 1.29mg (8.62%), Vitamin B6: 0.17mg (8.42%), Vitamin B3: 1.67mg (8.35%), Potassium: 242.41mg (6.93%), Folate: 23.66µg (5.91%), Vitamin B1: 0.08mg (5.57%), Calcium: 47.41mg (4.74%), Vitamin B2: 0.07mg (4.16%), Vitamin B5: 0.41mg (4.13%)