



Linguine with Herb Broth and Clams

READY IN



45 min.

SERVINGS



4

CALORIES



615 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup butter ()
- ☐ 3 cups cooking wine dry white
- ☐ 0.3 cup basil leaves fresh thinly sliced
- ☐ 0.3 cup parsley fresh chopped
- ☐ 6 garlic cloves peeled smashed
- ☐ 8 ounces pasta
- ☐ 3 pounds littleneck clams scrubbed
- ☐ 2 tablespoons olive oil
- ☐ 2 onions chopped

- ☐ 0.3 cup oregano fresh chopped
- ☐ 2 pinches pepper dried red crushed
- ☐ 2 medium tomatoes cored chopped
- ☐ 1 cup water ()

Equipment

- ☐ bowl
- ☐ pot
- ☐ aluminum foil

Directions

- ☐ Melt butter with olive oil in heavy large pot over medium heat.
- ☐ Add onions and cook until soft, stirring often, about 5 minutes.
- ☐ Add garlic and stir 1 minute.
- ☐ Add tomatoes and cook until beginning to soften, stirring often, about 2 minutes.
- ☐ Add white wine and 1 cup water and bring to boil. Reduce heat to low, cover, and simmer 20 minutes to blend flavors. DO AHEAD: Broth can be made 1 day ahead. Cool slightly, then cover and refrigerate.
- ☐ Bring broth to boil.
- ☐ Add clams, cover, and cook until clams open, 3 to 5 minutes (discard any clams that do not open).
- ☐ Transfer clams to large bowl; tent with foil to keep warm.
- ☐ Stir basil, parsley, oregano, and crushed red pepper into broth in pot.
- ☐ Add linguine. Boil until pasta is almost tender but still very firm to bite, stirring often and adding water by tablespoonfuls if too dry. Return clams with any accumulated juices to pot. Cover and simmer until clams are heated through and pasta is tender but still firm to bite, about 3 minutes longer. Season to taste with salt and pepper.
- ☐ Transfer linguine and clam mixture to large shallow platter and serve.

Nutrition Facts



Properties

Glycemic Index:84, Glycemic Load:20.49, Inflammation Score:-10, Nutrition Score:26.554347867551%

Flavonoids

Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 1.1mg, Naringenin: 1.1mg, Naringenin: 1.1mg, Naringenin: 1.1mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 11.68mg, Quercetin: 11.68mg, Quercetin: 11.68mg, Quercetin: 11.68mg

Nutrients (% of daily need)

Calories: 615.12kcal (30.76%), Fat: 20.23g (31.12%), Saturated Fat: 8.61g (53.8%), Carbohydrates: 60.25g (20.08%), Net Carbohydrates: 55.22g (20.08%), Sugar: 7.41g (8.23%), Cholesterol: 45.81mg (15.27%), Sodium: 145.09mg (6.31%), Alcohol: 18.54g (100%), Alcohol %: 4.72% (100%), Protein: 17.02g (34.05%), Vitamin B12: 5.79µg (96.51%), Vitamin K: 99.74µg (94.99%), Selenium: 52.84µg (75.49%), Manganese: 1.17mg (58.49%), Vitamin A: 1508.69IU (30.17%), Phosphorus: 289.48mg (28.95%), Vitamin C: 19.32mg (23.41%), Iron: 3.86mg (21.44%), Magnesium: 83.34mg (20.84%), Fiber: 5.03g (20.12%), Vitamin B6: 0.39mg (19.29%), Vitamin E: 2.7mg (18.03%), Potassium: 590.74mg (16.88%), Copper: 0.31mg (15.58%), Calcium: 136.99mg (13.7%), Folate: 48.98µg (12.24%), Zinc: 1.68mg (11.23%), Vitamin B3: 2.02mg (10.08%), Vitamin B1: 0.13mg (8.99%), Vitamin B2: 0.14mg (8.19%), Vitamin B5: 0.61mg (6.13%)