



Linguine with Parmesan-Clam Sauce

READY IN



8 min.

SERVINGS



4

CALORIES



352 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12 ounce clams undrained chopped canned
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 1 large eggs
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 8 ounces pasta uncooked
- ☐ 0.5 cup milk 2% reduced-fat
- ☐ 1 tablespoon olive oil

- ☐ 0.5 cup onion chopped
- ☐ 2 ounces parmesan cheese fresh grated

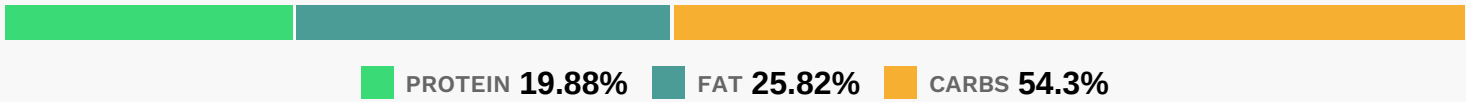
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat; drain.
- ☐ While pasta cooks, heat oil in a large skillet over medium heat.
- ☐ Add onion, thyme, red pepper, and garlic; cook until onion is golden brown (about 6 minutes). Stir in undrained clams; bring to a boil.
- ☐ Add pasta to pan.
- ☐ Combine milk and egg in a small bowl; stir well with a whisk.
- ☐ Add milk mixture to pan; stir well. Cook over low heat 5 minutes until milk mixture is thick, stirring constantly (do not boil).
- ☐ Sprinkle mixture with cheese and parsley.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:46.25, Glycemic Load:17.8, Inflammation Score:-7, Nutrition Score:17.701739093532%

Flavonoids

Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 352.07kcal (17.6%), Fat: 10g (15.39%), Saturated Fat: 3.77g (23.59%), Carbohydrates: 47.33g (15.78%), Net Carbohydrates: 44.9g (16.33%), Sugar: 4.08g (4.53%), Cholesterol: 62.33mg (20.78%), Sodium: 275.16mg (11.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.33g (34.66%), Vitamin K: 86.89µg (82.76%), Selenium: 47.74µg (68.21%), Vitamin B12: 1.88µg (31.32%), Manganese: 0.6mg (29.98%), Phosphorus: 293.16mg (29.32%), Calcium: 242.78mg (24.28%), Vitamin A: 710.05IU (14.2%), Vitamin B2: 0.21mg (12.39%), Magnesium: 48.6mg (12.15%), Zinc: 1.67mg (11.11%), Vitamin C: 8.49mg (10.29%), Copper: 0.21mg (10.29%), Iron: 1.85mg (10.25%), Fiber: 2.42g (9.7%), Vitamin B6: 0.17mg (8.41%), Folate: 30.99µg (7.75%), Potassium: 267.3mg (7.64%), Vitamin B5: 0.67mg (6.74%), Vitamin E: 0.92mg (6.16%), Vitamin B1: 0.09mg (6.06%), Vitamin B3: 1.2mg (5.99%), Vitamin D: 0.32µg (2.14%)