



Linguine with Red Clam Sauce

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



407 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 16 ounce pasta cooked drained
- 0.3 teaspoon pepper red crushed
- 2 tablespoons parsley fresh chopped
- 2 cloves garlic minced
- 24 ounce veggie smart smooth & simple sauce italian prego®
- 16 ounce littleneck clams frozen
- 0.5 teaspoon oregano leaves dried crushed
- 2 tablespoons red wine vinegar

Equipment

sauce pan

Directions

Heat the clams, garlic, oregano, red pepper, vinegar and sauce in a 4-quart saucepan over medium-high heat to a boil. Reduce the heat to low. Cook for 5 minutes or until the clams are hot. Stir in the parsley.

Add the linguine and toss to coat.

Nutrition Facts

PROTEIN 10.95% **FAT 3.28%** **CARBS 85.77%**

Properties

Glycemic Index:35.63, Glycemic Load:16.31, Inflammation Score:-5, Nutrition Score:9.4573913242506%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 406.71kcal (20.34%), Fat: 1.44g (2.22%), Saturated Fat: 0.24g (1.51%), Carbohydrates: 84.62g (28.21%), Net Carbohydrates: 82.33g (29.94%), Sugar: 39.98g (44.42%), Cholesterol: 5.1mg (1.7%), Sodium: 2055.91mg (89.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.81g (21.61%), Selenium: 35.39µg (50.56%), Vitamin K: 34.55µg (32.9%), Vitamin B12: 1.92µg (32.03%), Manganese: 0.43mg (21.3%), Iron: 2.02mg (11.24%), Phosphorus: 104.25mg (10.43%), Fiber: 2.29g (9.15%), Copper: 0.13mg (6.67%), Magnesium: 26.18mg (6.54%), Vitamin A: 260.96IU (5.22%), Zinc: 0.72mg (4.79%), Vitamin B6: 0.08mg (4.14%), Vitamin C: 3.17mg (3.85%), Folate: 12.5µg (3.13%), Vitamin B3: 0.58mg (2.88%), Calcium: 24.9mg (2.49%), Potassium: 83.33mg (2.38%), Vitamin B2: 0.04mg (2.09%), Vitamin B1: 0.03mg (2.05%), Vitamin E: 0.29mg (1.95%), Vitamin B5: 0.17mg (1.73%)