



Linguine with Red Clam Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



270 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 teaspoons bottled garlic minced
- 19.5 ounce clams undrained chopped canned
- 0.3 teaspoon pepper red crushed
- 12 ounces pasta uncooked
- 2 teaspoons olive oil
- 25.5 ounce marinara pasta sauce fat-free (such as Muir Glen)
- 2 tablespoons regular tomato paste

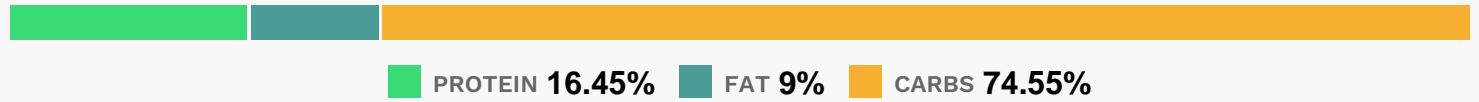
Equipment

- bowl
- sauce pan
- sieve

Directions

- Cook pasta according to package directions, omitting salt and fat.
- Heat oil in a medium saucepan over medium heat.
- Add garlic; saut 2 minutes. Stir in marinara sauce, tomato paste, and red pepper; bring to a simmer.
- Drain clams in a sieve over a bowl, reserving liquid; set clams aside. Stir reserved clam liquid into marinara-sauce mixture. Simmer 10 minutes. Stir in clams, and simmer 3 minutes.
- Serve pasta with sauce.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:19.73, Inflammation Score:-6, Nutrition Score:13.89173918185%

Flavonoids

Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 270.03kcal (13.5%), Fat: 2.73g (4.2%), Saturated Fat: 0.43g (2.66%), Carbohydrates: 50.83g (16.94%), Net Carbohydrates: 46.93g (17.06%), Sugar: 6.48g (7.19%), Cholesterol: 4.15mg (1.38%), Sodium: 626.05mg (27.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.22g (22.44%), Selenium: 41.32µg (59.03%), Manganese: 0.71mg (35.3%), Vitamin B12: 1.56µg (26.03%), Phosphorus: 174.28mg (17.43%), Copper: 0.34mg (16.75%), Potassium: 553.04mg (15.8%), Vitamin E: 2.35mg (15.64%), Fiber: 3.9g (15.62%), Vitamin A: 669.35IU (13.39%), Magnesium: 53.53mg (13.38%), Iron: 2.33mg (12.93%), Vitamin C: 10.12mg (12.27%), Vitamin B3: 2.39mg (11.96%), Vitamin B6: 0.23mg (11.7%), Zinc: 1.19mg (7.94%), Vitamin B2: 0.13mg (7.57%), Vitamin B5: 0.66mg (6.55%), Vitamin B1: 0.09mg (5.92%), Folate: 22.45µg (5.61%), Vitamin K: 4.99µg (4.75%), Calcium: 39.39mg (3.94%)