



Linguine with Red Clam Sauce

 Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



323 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 12 oz pasta uncooked
- 0.3 cup vegetable oil
- 3 cloves garlic finely chopped
- 28 oz canned tomatoes whole with basil, drained, chopped organic peeled canned
- 1 small to 5 chilies red seeded finely chopped
- 1 pint dozens oysters fresh drained
- 1 tablespoon parsley fresh chopped
- 1 teaspoon salt

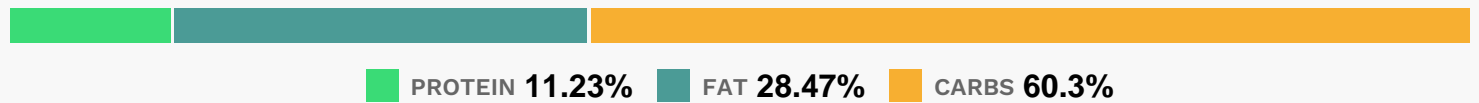
Equipment

sauce pan

Directions

- Cook and drain linguine as directed on package.
- Meanwhile, in 3-quart saucepan, heat oil over medium-high heat.
- Add garlic; cook, stirring frequently, until golden. Stir in tomatoes and chili. Cook 3 minutes, stirring frequently.
- Stir in clam liquid.
- Heat to boiling. Reduce heat; simmer uncovered 10 minutes.
- Chop clams. Stir clams, parsley and salt into tomato mixture. Cover; simmer about 15 minutes, stirring occasionally, until clams are tender.
- Serve over linguine.

Nutrition Facts



Properties

Glycemic Index:24.83, Glycemic Load:17.41, Inflammation Score:-5, Nutrition Score:15.375217354816%

Flavonoids

Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 322.64kcal (16.13%), Fat: 10.29g (15.83%), Saturated Fat: 1.61g (10.06%), Carbohydrates: 49.04g (16.35%), Net Carbohydrates: 45.74g (16.63%), Sugar: 5.13g (5.7%), Cholesterol: 3.15mg (1.05%), Sodium: 588.17mg (25.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.13g (18.26%), Selenium: 37.77µg (53.96%), Manganese: 0.69mg (34.32%), Vitamin K: 32.69µg (31.13%), Vitamin C: 24.44mg (29.62%), Zinc: 4.13mg (27.53%), Copper: 0.5mg (24.81%), Phosphorus: 145.85mg (14.59%), Vitamin B6: 0.29mg (14.35%), Iron: 2.53mg (14.07%), Fiber: 3.3g (13.21%), Vitamin E: 1.83mg (12.2%), Magnesium: 48.47mg (12.12%), Potassium: 421.4mg (12.04%), Vitamin B12: 0.69µg (11.5%),

Vitamin B3: 2.09mg (10.46%), Vitamin B1: 0.12mg (8.06%), Vitamin B2: 0.12mg (7.21%), Calcium: 62.5mg (6.25%),
Folate: 24.13µg (6.03%), Vitamin A: 285.95IU (5.72%), Vitamin B5: 0.44mg (4.45%)