



Linguine with Red Clam Sauce

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



583 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.5 cup wine dry red
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 24 oz clams chopped canned
- ☐ 1 pound pasta
- ☐ 2 tablespoons olive oil
- ☐ 1 small onion chopped
- ☐ 3 cups tomato sauce

Equipment

- ☐ frying pan
- ☐ pot
- ☐ colander

Directions

- ☐ In a large pot of boiling salted water, cook linguine, stirring often, until al dente, about 8 minutes.
- ☐ Drain thoroughly in a colander.
- ☐ Heat oil in a deep skillet over medium heat.
- ☐ Add chopped onion and crushed red pepper and cook, stirring often, until softened, about 5 minutes. Stir in red wine and boil until syrupy, about 4 minutes. Stir in tomato sauce and clams with their juice and heat until simmering, about 10 minutes.
- ☐ Add cooked pasta and parsley to clam sauce in skillet. Toss to coat pasta thoroughly.

Nutrition Facts



Properties

Glycemic Index:43.25, Glycemic Load:37.85, Inflammation Score:-9, Nutrition Score:28.063478262528%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 582.68kcal (29.13%), Fat: 9.58g (14.74%), Saturated Fat: 1.42g (8.88%), Carbohydrates: 98.14g (32.71%), Net Carbohydrates: 91.24g (33.18%), Sugar: 10.36g (11.51%), Cholesterol: 7.65mg (2.55%), Sodium: 897.76mg (39.03%), Alcohol: 3.15g (100%), Alcohol %: 1.04% (100%), Protein: 21.12g (42.24%), Selenium: 80.7µg (115.28%), Vitamin K: 91.73µg (87.36%), Manganese: 1.29mg (64.54%), Vitamin B12: 2.88µg (48.05%), Phosphorus: 322.8mg (32.28%), Copper: 0.57mg (28.4%), Fiber: 6.89g (27.56%), Vitamin E: 4.04mg (26.94%), Vitamin A: 1330.79IU (26.62%), Vitamin C: 20.81mg (25.22%), Potassium: 866.11mg (24.75%), Magnesium: 96.95mg (24.24%), Iron: 4.06mg (22.55%), Vitamin B3: 3.94mg (19.69%), Vitamin B6: 0.37mg (18.59%), Zinc: 2.22mg (14.81%), Folate: 49.18µg (12.3%), Vitamin B2: 0.21mg (12.26%), Vitamin B5: 1.14mg (11.37%), Vitamin B1: 0.16mg (10.84%), Calcium: 70.9mg (7.09%)