



Linguine with Spicy Red Clam Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



337 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 tablespoon bottled garlic minced
- 14.5 ounce canned tomatoes diced undrained canned
- 13 ounce clams minced undrained canned
- 0.5 teaspoon pepper red crushed
- 1 tablespoon basil fresh chopped
- 2 tablespoons parsley fresh chopped
- 9 ounce pasta fresh
- 1 tablespoon olive oil

- 0.5 cup onion chopped
- 1 tablespoon oregano fresh chopped
- 2 tablespoons tomato paste

Equipment

- frying pan

Directions

- Cook pasta according to package directions, omitting salt and fat.
- Drain.
- Heat olive oil in a large nonstick skillet over medium-high heat.
- Add onion, garlic, and crushed red pepper to pan; saut 3 minutes or until onion is lightly browned. Stir in tomato paste and tomatoes; cook 4 minutes or until thick, stirring constantly. Stir in clams; cook 2 minutes or until thoroughly heated.
- Remove from heat; stir in parsley, basil, and oregano.
- Serve with pasta.

Nutrition Facts



PROTEIN 15.22% **FAT 13.29%** **CARBS 71.49%**

Properties

Glycemic Index:79, Glycemic Load:22.72, Inflammation Score:-9, Nutrition Score:19.296521850254%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg

Nutrients (% of daily need)

Calories: 337.36kcal (16.87%), Fat: 5.07g (7.8%), Saturated Fat: 0.77g (4.84%), Carbohydrates: 61.36g (20.45%), Net Carbohydrates: 55.93g (20.34%), Sugar: 8.17g (9.08%), Cholesterol: 4.15mg (1.38%), Sodium: 217.48mg (9.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.06g (26.12%), Selenium: 46.33µg (66.18%), Vitamin K: 51.61µg

(49.15%), Manganese: 0.97mg (48.65%), Vitamin B12: 1.56µg (26.03%), Copper: 0.44mg (22.16%), Fiber: 5.43g (21.73%), Phosphorus: 203.02mg (20.3%), Vitamin C: 16.64mg (20.17%), Iron: 3.4mg (18.87%), Vitamin B6: 0.35mg (17.74%), Vitamin E: 2.65mg (17.64%), Potassium: 608.28mg (17.38%), Magnesium: 68.35mg (17.09%), Vitamin B3: 2.8mg (14.01%), Vitamin A: 675.39IU (13.51%), Vitamin B1: 0.16mg (10.85%), Zinc: 1.45mg (9.63%), Calcium: 92.46mg (9.25%), Folate: 36.82µg (9.2%), Vitamin B2: 0.13mg (7.66%), Vitamin B5: 0.66mg (6.62%)