



Linguine with White Clam and Broccoli Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



388 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 cups broccoli florets
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 3 tablespoons olive oil extravirgin divided
- ☐ 0.3 cup parsley fresh chopped
- ☐ 6 garlic clove sliced
- ☐ 1 pound pasta uncooked
- ☐ 2.5 pounds littleneck clams scrubbed
- ☐ 2.5 teaspoons salt divided

- ☐ 0.8 cup water
- ☐ 6 quarts water

Equipment

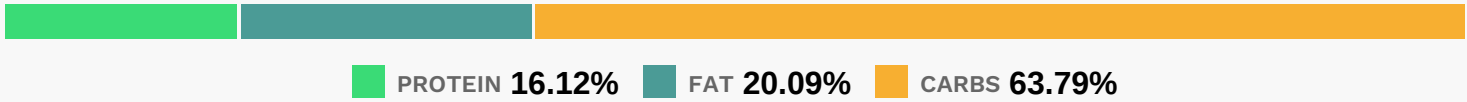
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Bring 3/4 cup water to a boil in a large stockpot.
- ☐ Add clams; cover and cook 4 minutes or until shells open.
- ☐ Remove clams from pan; reserve 1 cup cooking liquid. Discard any unopened shells. Cool clams.
- ☐ Remove meat from shells; chop. Discard shells.
- ☐ Bring 6 quarts water and 2 teaspoons salt to a boil in stockpot.
- ☐ Add broccoli, and cook 2 minutes or until the broccoli is bright green.
- ☐ Remove broccoli with a slotted spoon (do not drain water from stockpot).
- ☐ Place broccoli in a colander, and rinse with cold water.
- ☐ Drain broccoli; coarsely chop.
- ☐ Return water to a boil in stockpot. Stir in pasta; partially cover, and return to a boil, stirring frequently. Cook 6 minutes or until the pasta is al dente, stirring occasionally.
- ☐ While pasta cooks, heat 2 tablespoons oil in a large nonstick skillet over medium heat.
- ☐ Add garlic; cook 1 minute or until fragrant and beginning to turn golden, stirring constantly.
- ☐ Add broccoli and pepper; cook 2 minutes or until broccoli sizzles. Stir in clams and reserved 1 cup cooking liquid; bring to a boil. Reduce heat, and simmer 2 minutes or until broccoli is tender.
- ☐ Add pasta to skillet, stirring well to coat. Bring mixture to a boil. Stir in remaining 1/2 teaspoon salt and chopped parsley; cook 1 minute, stirring constantly.

- ☐
- Place about 1 cup pasta mixture in each of 6 bowls; drizzle each serving with 1/2 teaspoon oil.
- ☐
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:27.17, Glycemic Load:23.86, Inflammation Score:-7, Nutrition Score:22.476086968961%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 3.61mg, Kaempferol: 3.61mg, Kaempferol: 3.61mg, Kaempferol: 3.61mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 388.04kcal (19.4%), Fat: 8.64g (13.29%), Saturated Fat: 1.29g (8.06%), Carbohydrates: 61.72g (20.57%), Net Carbohydrates: 57.91g (21.06%), Sugar: 2.86g (3.17%), Cholesterol: 8.5mg (2.83%), Sodium: 1057.96mg (46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.6g (31.19%), Vitamin K: 91.98µg (87.6%), Selenium: 58.06µg (82.94%), Vitamin C: 44.85mg (54.36%), Vitamin B12: 3.2µg (53.39%), Manganese: 0.87mg (43.62%), Phosphorus: 235.58mg (23.56%), Copper: 0.43mg (21.35%), Magnesium: 67.04mg (16.76%), Fiber: 3.81g (15.22%), Vitamin A: 628.8IU (12.58%), Folate: 47.63µg (11.91%), Vitamin B6: 0.23mg (11.64%), Vitamin E: 1.72mg (11.49%), Iron: 2.06mg (11.42%), Zinc: 1.57mg (10.44%), Potassium: 354.81mg (10.14%), Calcium: 87.69mg (8.77%), Vitamin B3: 1.75mg (8.74%), Vitamin B1: 0.11mg (7.54%), Vitamin B2: 0.12mg (6.9%), Vitamin B5: 0.66mg (6.58%)