



Linguine with White Clam Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



337 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6.5 ounce clams minced drained canned
- ☐ 4 cups pasta hot cooked uncooked (8 ounces pasta)
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 2 tablespoons butter light
- ☐ 1 tablespoon olive oil

☐ 0.1 teaspoon pepper

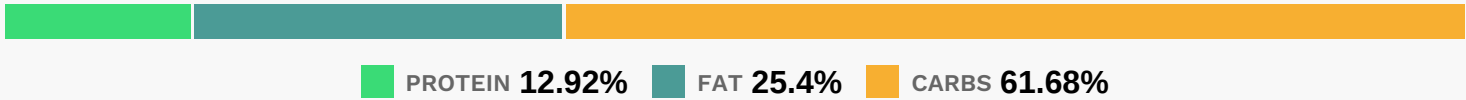
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Drain baby clams in a sieve over a bowl, reserving juice.
- ☐ Heat butter and olive oil in a medium saucepan over medium heat.
- ☐ Add garlic, and saute 1 minute. Stir in flour. Stir in the reserved clam juice, wine, chopped parsley, chopped thyme, and pepper, and cook 2 minutes, stirring frequently.
- ☐ Add the baby clams and the minced clams, and cook 3 minutes or until thoroughly heated.
- ☐ Serve clam sauce over pasta.
- ☐ Garnish with thyme sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:76.13, Glycemic Load:21.92, Inflammation Score:-7, Nutrition Score:10.496521803348%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 337.07kcal (16.85%), Fat: 8.83g (13.58%), Saturated Fat: 3.16g (19.78%), Carbohydrates: 48.24g (16.08%), Net Carbohydrates: 45.38g (16.5%), Sugar: 1.14g (1.27%), Cholesterol: 9.49mg (3.16%), Sodium: 11.01mg (0.48%),

Alcohol: 3.09g (100%), Alcohol %: 1.97% (100%), Protein: 10.11g (20.22%), Selenium: 41.45µg (59.22%), Vitamin K: 35.52µg (33.83%), Manganese: 0.58mg (28.9%), Iron: 2.49mg (13.82%), Vitamin B12: 0.79µg (13.17%), Fiber: 2.86g (11.44%), Phosphorus: 112.82mg (11.28%), Magnesium: 33.64mg (8.41%), Copper: 0.17mg (8.29%), Vitamin A: 332.37IU (6.65%), Zinc: 0.9mg (6%), Vitamin B6: 0.12mg (5.99%), Vitamin E: 0.77mg (5.11%), Vitamin C: 4.16mg (5.05%), Folate: 17.64µg (4.41%), Vitamin B3: 0.8mg (4%), Vitamin B1: 0.05mg (3.57%), Potassium: 119.27mg (3.41%), Vitamin B2: 0.06mg (3.37%), Calcium: 28.36mg (2.84%), Vitamin B5: 0.22mg (2.19%)