



Linguine with White Clam Sauce

 Dairy Free

READY IN

ready

35 min.

SERVINGS

servings

6

CALORIES

calories

429 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 cup cooking wine dry white
- ☐ 3 tablespoons flat-leaf parsley finely chopped
- ☐ 3 tablespoons garlic finely chopped
- ☐ 6 servings kosher salt
- ☐ 1 pound pasta dry
- ☐ 36 little neck clams scrubbed
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 6 servings pepper freshly ground

- ☐ 0.5 teaspoon pepper flakes red
- ☐ 0.3 cup water

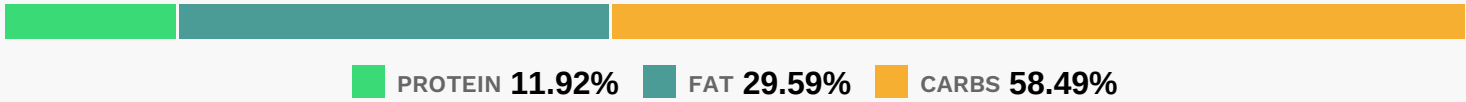
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of water to a boil and season generously with salt. Boil the pasta until al dente, tender but still firm.
- ☐ While the pasta cooks make the clam sauce.
- ☐ Heat the olive oil in a large saute pan over medium-low heat.
- ☐ Add the garlic and cook until softened but not browned, about 3 minutes.
- ☐ Add the pepper flakes and cook for 30 seconds more.
- ☐ Add the wine and water and increase the heat to high.
- ☐ Add the clams, cover, and cook, shaking the pan periodically, until all the clams are opened, about 6 minutes.
- ☐ Drain the pasta and add to the clam sauce.
- ☐ Add the parsley and toss to combine. Season with salt and pepper to taste. Divide among heated bowls and serve immediately.

Nutrition Facts



Properties

Glycemic Index:29.67, Glycemic Load:23.33, Inflammation Score:-5, Nutrition Score:13.701304321704%

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, Naringenin: 0.11mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 429.39kcal (21.47%), Fat: 13.33g (20.5%), Saturated Fat: 1.9g (11.88%), Carbohydrates: 59.28g (19.76%), Net Carbohydrates: 56.62g (20.59%), Sugar: 2.38g (2.64%), Cholesterol: 3.78mg (1.26%), Sodium: 212.17mg (9.22%), Alcohol: 3.09g (100%), Alcohol %: 2.67% (100%), Protein: 12.08g (24.16%), Selenium: 52.27µg (74.68%), Manganese: 0.83mg (41.26%), Vitamin K: 40.65µg (38.72%), Vitamin B12: 1.42µg (23.73%), Phosphorus: 181.17mg (18.12%), Vitamin E: 1.98mg (13.2%), Copper: 0.25mg (12.3%), Magnesium: 47.98mg (12%), Fiber: 2.65g (10.61%), Vitamin B6: 0.18mg (8.94%), Iron: 1.57mg (8.71%), Zinc: 1.24mg (8.29%), Vitamin B3: 1.44mg (7.18%), Potassium: 227.54mg (6.5%), Vitamin B1: 0.08mg (5.44%), Vitamin A: 256.6IU (5.13%), Vitamin C: 3.91mg (4.74%), Folate: 17.76µg (4.44%), Vitamin B5: 0.39mg (3.93%), Vitamin B2: 0.06mg (3.71%), Calcium: 35.02mg (3.5%)