



Linguine with White Clam Sauce

READY IN



26 min.

SERVINGS



6

CALORIES



449 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 fillet anchovy
- ☐ 19.5 oz clams drained chopped canned ()
- ☐ 1 pinch pepper red crushed
- ☐ 0.3 cup parsley fresh chopped
- ☐ 4 large cloves garlic minced
- ☐ 1 juice of lemon finely grated
- ☐ 1 pound pasta
- ☐ 0.3 cup olive oil
- ☐ 0.5 teaspoon oregano dried

- ☐ 6 servings salt and pepper
- ☐ 2 tablespoons butter unsalted
- ☐ 3 tablespoons white wine

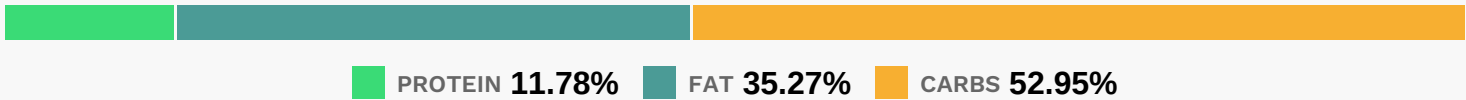
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to a boil. Cook linguine until 2 minutes short of al dente, about 8 minutes, or as package label directs.
- ☐ While pasta is cooking, warm olive oil and butter in a large skillet over medium-high heat until butter melts.
- ☐ Add anchovies, garlic and crushed red pepper, if desired, and cook, stirring, until anchovies melt, about 1 minute.
- ☐ Add lemon zest and juice, oregano, wine, half of parsley and clam juice. Bring to a boil and cook until thickened, stirring occasionally, about 7 minutes.
- ☐ Add clams; stir for 1 minute.
- ☐ Reserve 1 cup of pasta cooking water.
- ☐ Drain pasta and add to skillet along with remaining parsley, tossing until pasta has absorbed most of the sauce, 2 to 3 minutes.
- ☐ Serve immediately. (If sauce is too thick, add a splash of pasta cooking water and toss.)

Nutrition Facts



Properties

Glycemic Index:25.17, Glycemic Load:23.08, Inflammation Score:-6, Nutrition Score:15.352608482475%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.75mg, Hesperetin: 0.75mg, Hesperetin: 0.75mg, Hesperetin: 0.75mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 7.19mg, Apigenin: 7.19mg, Apigenin: 7.19mg, Apigenin: 7.19mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 449.06kcal (22.45%), Fat: 17.31g (26.63%), Saturated Fat: 4.35g (27.19%), Carbohydrates: 58.48g (19.49%), Net Carbohydrates: 55.82g (20.3%), Sugar: 2.28g (2.53%), Cholesterol: 16.58mg (5.53%), Sodium: 213.93mg (9.3%), Alcohol: 0.77g (100%), Alcohol %: 0.76% (100%), Protein: 13.01g (26.02%), Selenium: 53.83µg (76.89%), Vitamin K: 63.44µg (60.42%), Manganese: 0.77mg (38.26%), Vitamin B12: 1.59µg (26.57%), Phosphorus: 185.37mg (18.54%), Vitamin E: 2.11mg (14.05%), Copper: 0.25mg (12.42%), Magnesium: 48.12mg (12.03%), Fiber: 2.66g (10.65%), Vitamin B3: 1.98mg (9.88%), Iron: 1.74mg (9.64%), Vitamin A: 449.14IU (8.98%), Zinc: 1.29mg (8.57%), Vitamin C: 7mg (8.48%), Vitamin B6: 0.15mg (7.53%), Potassium: 230.93mg (6.6%), Vitamin B1: 0.08mg (5.42%), Folate: 21.4µg (5.35%), Vitamin B2: 0.07mg (4.18%), Vitamin B5: 0.41mg (4.14%), Calcium: 40.42mg (4.04%)