



Linguine with White Clam Sauce

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



375 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup chicken broth
- 0.5 cup wine dry white
- 3 tablespoons parsley fresh chopped
- 4 garlic clove smashed
- 0.5 pound pasta
- 24 littleneck clams
- 0.3 cup olive oil extra virgin extra-virgin
- 0.5 teaspoon pepper red crushed

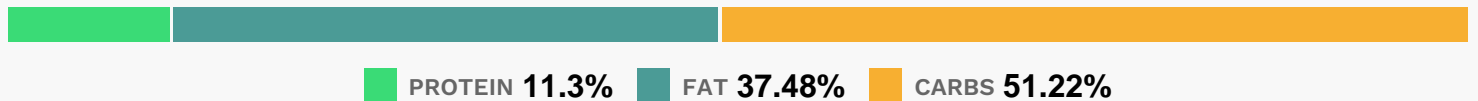
Equipment

- bowl
- sauce pan
- pot
- tongs
- colander

Directions

- Bring a large saucepan of salted water to a boil; add pasta and cook, stirring often, until al dente.
- Drain in a colander.
- Meanwhile, heat extra-virgin olive oil in a large pot over medium-high heat.
- Add garlic and crushed red pepper and stir until fragrant and golden, 1 to 2 minutes.
- Add littleneck clams, wine and juice. Cover and cook, stirring occasionally, until clams open, 6 to 8 minutes. (
- Remove each clam with tongs as it opens and discard those that do not open.)
- Transfer open clams to each of 4 shallow bowls.
- Add linguine to clam cooking liquid and toss well.
- Transfer pasta to each bowl on top of clams.
- Sprinkle with chopped fresh parsley right before serving.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:17.57, Inflammation Score:-5, Nutrition Score:12.792173758797%

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: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg 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: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 374.91kcal (18.75%), Fat: 14.67g (22.58%), Saturated Fat: 2.06g (12.9%), Carbohydrates: 45.13g (15.04%), Net Carbohydrates: 43.07g (15.66%), Sugar: 2.13g (2.36%), Cholesterol: 4.95mg (1.65%), Sodium: 236.48mg (10.28%), Alcohol: 3.09g (100%), Alcohol %: 2.2% (100%), Protein: 9.96g (19.91%), Selenium: 40.43µg (57.76%), Vitamin K: 57.84µg (55.09%), Manganese: 0.65mg (32.6%), Vitamin B12: 1.44µg (23.93%), Vitamin E: 2.24mg (14.91%), Phosphorus: 146.94mg (14.69%), Copper: 0.2mg (9.82%), Magnesium: 38.65mg (9.66%), Fiber: 2.06g (8.25%), Iron: 1.42mg (7.88%), Vitamin A: 366.09IU (7.32%), Vitamin B6: 0.14mg (7.1%), Zinc: 1.02mg (6.79%), Vitamin B3: 1.26mg (6.29%), Vitamin C: 4.93mg (5.97%), Potassium: 197.77mg (5.65%), Vitamin B2: 0.09mg (5.11%), Vitamin B1: 0.08mg (5.06%), Folate: 15.86µg (3.96%), Calcium: 32.4mg (3.24%), Vitamin B5: 0.31mg (3.14%)