



WHATSheATE



Linguine with White Clam Sauce II



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



312 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 24 ounce clams with juice minced canned
- ☐ 1 teaspoon basil dried
- ☐ 1 clove garlic minced
- ☐ 0.3 cup olive oil
- ☐ 0.8 cup parsley chopped
- ☐ 12 ounce linguini pasta
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons white wine

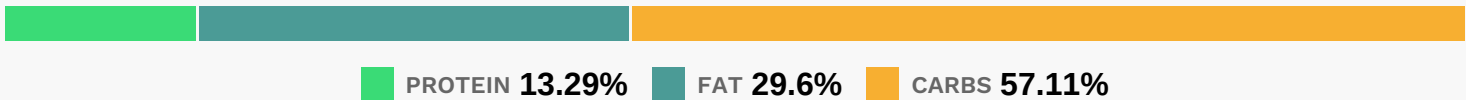
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ In a large pot with boiling salted water cook linguini pasta until al dente.
- ☐ Drain.
- ☐ In a large skillet saute the garlic in the olive oil.
- ☐ Add the liquid from the clams, parsley, white wine, basil, and salt and stir well. Cook for 10 minutes. Stir in clams until heated through.
- ☐ Toss cooked and drained linguini pasta with the clam sauce and serve warm.

Nutrition Facts



Properties

Glycemic Index:24.33, Glycemic Load:17.32, Inflammation Score:-6, Nutrition Score:15.207826044248%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 312.48kcal (15.62%), Fat: 10.09g (15.52%), Saturated Fat: 1.44g (9.03%), Carbohydrates: 43.79g (14.6%), Net Carbohydrates: 41.66g (15.15%), Sugar: 1.63g (1.81%), Cholesterol: 5.1mg (1.7%), Sodium: 211.56mg (9.2%), Alcohol: 0.51g (100%), Alcohol %: 0.68% (100%), Protein: 10.19g (20.38%), Vitamin K: 131.39µg (125.14%), Selenium: 41.13µg (58.75%), Vitamin B12: 1.92µg (32.03%), Manganese: 0.58mg (28.87%), Phosphorus: 147.31mg (14.73%), Vitamin A: 684.11IU (13.68%), Vitamin C: 10.13mg (12.28%), Vitamin E: 1.55mg (10.32%), Magnesium: 38.85mg (9.71%), Copper: 0.19mg (9.47%), Iron: 1.7mg (9.45%), Fiber: 2.14g (8.54%), Zinc: 0.99mg (6.6%), Folate: 23.04µg (5.76%),

Vitamin B3: 1.14mg (5.69%), Potassium: 185.88mg (5.31%), Vitamin B6: 0.1mg (4.99%), Vitamin B1: 0.06mg (4.09%), Calcium: 34.19mg (3.42%), Vitamin B5: 0.31mg (3.06%), Vitamin B2: 0.05mg (3.03%)