



Linguini with Clam Sauce

 Dairy Free

READY IN

ready

20 min.

SERVINGS

servings

4

CALORIES

calories

592 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 fillet flat anchovies chopped
- ☐ 15 ounce baby clams whole with their juice canned
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 Handful flat-leaf parsley chopped
- ☐ 4 cloves garlic chopped
- ☐ 1 pound linguini
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 teaspoon pepper flakes red crushed

- ☐ 4 servings salt
- ☐ 1 teaspoon thyme leaves dried

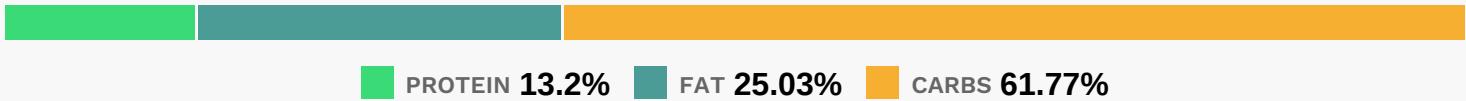
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of water to a boil.
- ☐ Add salt and the linguini and cook to an extra chewy al dente, 7 minutes or so. The linguini will continue to cook in sauce, later. To a large skillet heated over medium heat, add oil, anchovies, garlic, thyme and red pepper flakes. Cook together until anchovies melt into oil and break up completely.
- ☐ Add wine to the pan and give the pan a shake.
- ☐ Add clams and their juice.
- ☐ Drain pasta and add it to the clam sauce. Toss and coat the pasta in sauce with clams until the pasta absorbs the flavor and juices, 2 to 3 minutes.
- ☐ Remove from heat and season with salt, add parsley and serve.

Nutrition Facts



Properties

Glycemic Index:47.75, Glycemic Load:34.62, Inflammation Score:-7, Nutrition Score:17.684782473937%

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: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 592.26kcal (29.61%), Fat: 15.72g (24.19%), Saturated Fat: 2.3g (14.35%), Carbohydrates: 87.33g (29.11%), Net Carbohydrates: 83.44g (30.34%), Sugar: 3.37g (3.75%), Cholesterol: 8.38mg (2.79%), Sodium: 222.75mg (9.68%), Alcohol: 3.09g (100%), Alcohol %: 2.13% (100%), Protein: 18.66g (37.31%), Selenium: 79.25µg (113.21%), Manganese: 1.16mg (57.89%), Vitamin B12: 1.84µg (30.65%), Phosphorus: 268.19mg (26.82%), Vitamin K: 25.11µg (23.92%), Copper: 0.37mg (18.3%), Magnesium: 71.02mg (17.75%), Fiber: 3.88g (15.53%), Vitamin E: 2.32mg (15.44%), Vitamin B3: 2.93mg (14.65%), Iron: 2.33mg (12.94%), Zinc: 1.89mg (12.57%), Vitamin B6: 0.23mg (11.56%), Potassium: 330.16mg (9.43%), Vitamin B1: 0.12mg (7.8%), Vitamin B2: 0.1mg (6.07%), Folate: 23.95µg (5.99%), Vitamin B5: 0.59mg (5.91%), Calcium: 51.47mg (5.15%), Vitamin A: 233.23IU (4.66%), Vitamin C: 3.07mg (3.72%)