



Linguini with Clam Sauce



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



220 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 2 pounds clams in the shell scrubbed
- ☐ 15 ounce baby clams whole canned
- ☐ 1 lb fronds from the fennel bulb minced
- ☐ 4 teaspoons garlic cloves chopped
- ☐ 4 Tbsp olive oil
- ☐ 0.3 cup ouzo
- ☐ 6 servings salt

- ☐ 1 teaspoons sugar
- ☐ 1 Tbsp tomato paste

Equipment

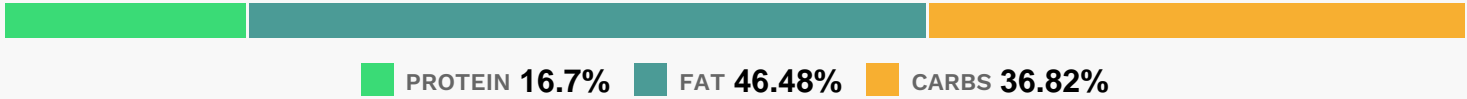
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ pot
- ☐ sieve
- ☐ blender
- ☐ tongs

Directions

- ☐ Open the can of clams and strain the juice through a paper-towel-lined fine-meshed sieve into a bowl. Set both the juice and the clams aside.²
- ☐ Heat the olive oil in a large pot or sauté pan over medium-high heat.
- ☐ Add the chopped onion and fennel bulb and sprinkle with a little salt. Stir well and sauté until translucent, about 4–5 minutes. Don't brown them.
- ☐ Add the chopped garlic and sauté for another minute.³
- ☐ Add the ouzo (if you're using) to the pan and let it boil down until it's almost completely evaporated.
- ☐ Add the tomato paste and stir well to coat the vegetables. Cook for a minute or two. ⁴
- ☐ Add the crushed tomatoes and the clam juice (strained from the can of clams) to the pot, along with a sprinkling of salt and the sugar. Stir well, turn the heat to a slow simmer and cook for 20 minutes. While the tomato sauce is cooking, heat a large pot of salted water for the pasta.If you would like a smooth sauce instead of chunky, ladle the sauce into a blender and purée it until smooth, then return to the pot.⁵ When the pasta water comes to a boil, start cooking the linguini pasta.
- ☐ Add the clams in the shell to the sauce pot. Submerge the clams in the sauce. Increase the sauce pot's temperature up to a low boil or a strong simmer. It should take 3–5 minutes for all the clams to open. As the clams open, remove them to a bowl.

- ☐
- Remove the clam meat from all but a few of the shells which you will want to save for a garnish. (Or keep the clam meat in the shells, your choice, we just find the dish easier to eat if most of the clams are already out of the shells.)6 When the pasta is ready, drain it and put it in a large bowl.
- ☐
- Add the canned clams to the pasta sauce and return the formerly live clams to the sauce as well.
- ☐
- Add the chopped fennel fronds and stir to combine.To serve, ladle some sauce into the bowl with the pasta and mix well to combine. Use tongs to put some pasta on each plate, add a small spoonful of clam sauce on top and garnish with a few of the clams that are still in the shell.
- ☐
- Serve at once.

Nutrition Facts



Properties

Glycemic Index:47.02, Glycemic Load:5.29, Inflammation Score:-6, Nutrition Score:17.180434724559%

Flavonoids

Eriodictyol: 0.82mg, Eriodictyol: 0.82mg, Eriodictyol: 0.82mg, Eriodictyol: 0.82mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 219.72kcal (10.99%), Fat: 10.2g (15.69%), Saturated Fat: 1.48g (9.22%), Carbohydrates: 18.18g (6.06%), Net Carbohydrates: 13.17g (4.79%), Sugar: 9.8g (10.89%), Cholesterol: 9.99mg (3.33%), Sodium: 448.12mg (19.48%), Alcohol: 5.05g (100%), Alcohol %: 2.37% (100%), Protein: 8.25g (16.49%), Vitamin B12: 3.76µg (62.74%), Vitamin K: 60.51µg (57.63%), Vitamin C: 22.45mg (27.21%), Vitamin E: 3.78mg (25.19%), Manganese: 0.46mg (22.96%), Potassium: 751.41mg (21.47%), Fiber: 5.01g (20.03%), Selenium: 11.95µg (17.07%), Iron: 2.98mg (16.58%), Copper: 0.33mg (16.42%), Phosphorus: 151.9mg (15.19%), Vitamin B6: 0.27mg (13.4%), Magnesium: 47.27mg (11.82%), Vitamin B3: 2.31mg (11.57%), Vitamin A: 526.52IU (10.53%), Calcium: 99.82mg (9.98%), Folate: 39.66µg (9.91%), Vitamin B1: 0.12mg (7.88%), Vitamin B2: 0.11mg (6.66%), Vitamin B5: 0.61mg (6.08%), Zinc: 0.72mg (4.83%)