



Linguini with White Clam Sauce

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



657 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 can flat fillet of anchovies drained
- ☐ 1 cup chicken stock see
- ☐ 15 ounces fancy baby clams whole canned
- ☐ 4 servings lots of pepper and some coarse salt black
- ☐ 4 servings top for mopping
- ☐ 1 cup cooking wine dry white
- ☐ 2 tablespoons thyme leaves dried fresh
- ☐ 4 cloves garlic finely chopped

- ☐ 1 lemon zest
- ☐ 1 pound linguini
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.3 cup parsley leaves chopped
- ☐ 1 teaspoon pepper flakes red

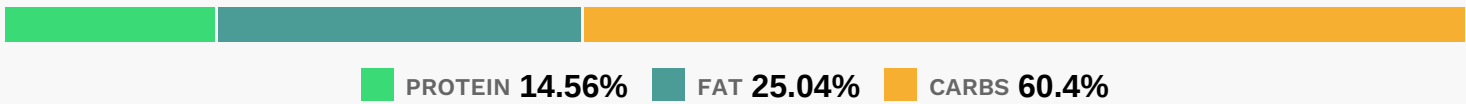
Equipment

- ☐ frying pan

Directions

- ☐ Heat a large deep skillet over medium heat.
- ☐ Add extra-virgin olive oil, 4 turns of the pan in a slow stream, red pepper flakes, garlic and anchovies and cook until anchovies melt into the oil.
- ☐ Add thyme and wine. Reduce wine 1 minute.
- ☐ Add clam juice or stock, clam juice will give the dish a stronger clam flavor, chicken stock will give it a buttery personality. Stir in clams and lemon zest.
- ☐ Drain pasta.
- ☐ Add to skillet and toss with sauce 2 to 3 minutes, until pasta is al dente and has absorbed some of the sauce and flavor.
- ☐ Add parsley, pepper and salt, to your taste and serve with bread for mopping up remaining juices.

Nutrition Facts



Properties

Glycemic Index:67.88, Glycemic Load:35.31, Inflammation Score:-10, Nutrition Score:23.450000016586%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg

Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 8.18mg, Apigenin: 8.18mg, Apigenin: 8.18mg, Apigenin: 8.18mg Luteolin: 1.64mg, Luteolin: 1.64mg, Luteolin: 1.64mg, Luteolin: 1.64mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 656.76kcal (32.84%), Fat: 16.95g (26.08%), Saturated Fat: 2.62g (16.36%), Carbohydrates: 92.02g (30.67%), Net Carbohydrates: 87.35g (31.77%), Sugar: 4.76g (5.29%), Cholesterol: 14.83mg (4.94%), Sodium: 330.13mg (14.35%), Alcohol: 6.18g (100%), Alcohol %: 2.7% (100%), Protein: 22.18g (44.36%), Selenium: 83.77µg (119.68%), Vitamin K: 70.73µg (67.36%), Manganese: 1.26mg (63.19%), Vitamin B12: 1.89µg (31.45%), Phosphorus: 310.03mg (31%), Vitamin B3: 5.17mg (25.85%), Copper: 0.44mg (22.1%), Magnesium: 86.69mg (21.67%), Iron: 3.58mg (19.87%), Fiber: 4.66g (18.64%), Vitamin E: 2.5mg (16.67%), Vitamin C: 13.59mg (16.47%), Vitamin B6: 0.32mg (15.79%), Zinc: 2.25mg (14.98%), Potassium: 486.09mg (13.89%), Vitamin A: 687.97IU (13.76%), Vitamin B2: 0.2mg (11.96%), Vitamin B1: 0.16mg (10.41%), Folate: 34.98µg (8.74%), Calcium: 86.66mg (8.67%), Vitamin B5: 0.69mg (6.88%)