



Manhattan Clam Linguine

READY IN



38 min.

SERVINGS



4

CALORIES



471 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 quarts water
- 1 teaspoon salt
- 13 ounces clams minced drained canned
- 8 ounces pasta like spaghetti
- 0.3 cup butter
- 2 tablespoons parsley fresh chopped
- 1 tablespoon basil dried fresh chopped
- 0.8 teaspoon thyme sprigs dried fresh chopped
- 0.1 teaspoon pepper

- 3 garlic clove finely chopped
- 0.5 cup whipping cream (heavy)
- 0.3 cup wine dry white (from 32-ounce carton)
- 0.3 cup parmesan cheese grated

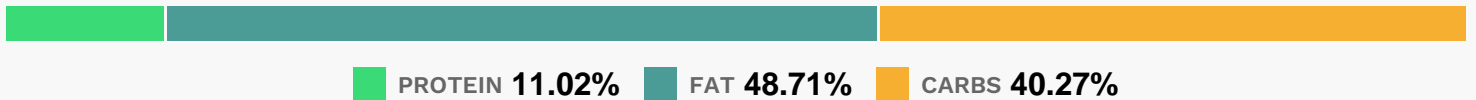
Equipment

- sauce pan
- dutch oven

Directions

- Heat water, salt and reserved clam liquid to boiling in 4-quart Dutch oven.
- Add linguine. Boil uncovered 8 to 10 minutes, stirring occasionally, just until tender; drain. Return to Dutch oven; toss with 2 tablespoons of the butter.
- Heat remaining 2 tablespoons butter in 2-quart saucepan. Stir in parsley, basil, thyme, pepper, garlic and clams. Cook over low heat, stirring constantly, until clams are heated through. Stir in whipping cream and wine; heat through, stirring occasionally.
- Pour clam sauce over linguine; add cheese. Toss until evenly coated.

Nutrition Facts



Properties

Glycemic Index:55.75, Glycemic Load:17.47, Inflammation Score:-8, Nutrition Score:15.387826007345%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 470.95kcal (23.55%), Fat: 24.98g (38.42%), Saturated Fat: 10.39g (64.95%), Carbohydrates: 46.45g (15.48%), Net Carbohydrates: 44.08g (16.03%), Sugar: 2.59g (2.88%), Cholesterol: 43.2mg (14.4%), Sodium: 882.25mg (38.36%), Alcohol: 1.54g (100%), Alcohol %: 0.23% (100%), Protein: 12.72g (25.44%), Selenium: 43.51µg (62.16%), Vitamin K: 51.29µg (48.85%), Manganese: 0.71mg (35.48%), Vitamin B12: 1.71µg (28.46%), Vitamin A: 1234.62IU (24.69%), Phosphorus: 205.21mg (20.52%), Copper: 0.33mg (16.26%), Calcium: 150.47mg (15.05%), Magnesium: 55.36mg (13.84%), Iron: 2.2mg (12.2%), Zinc: 1.43mg (9.52%), Fiber: 2.37g (9.49%), Vitamin B2: 0.14mg (8.4%), Vitamin B6: 0.15mg (7.54%), Vitamin E: 1.03mg (6.84%), Potassium: 238.8mg (6.82%), Vitamin B3: 1.15mg (5.77%), Vitamin C: 4.18mg (5.06%), Folate: 19.14µg (4.79%), Vitamin B1: 0.07mg (4.68%), Vitamin B5: 0.41mg (4.12%), Vitamin D: 0.51µg (3.38%)