



Spicy Linguine with Clams

READY IN



30 min.

SERVINGS



4

CALORIES



472 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 14.5 oz tomatoes diced canned
- ☐ 8 oz bottled clam juice
- ☐ 2 pounds clams rinsed scrubbed
- ☐ 0.3 cup flat parsley chopped
- ☐ 2 tablespoons garlic chopped
- ☐ 0.5 teaspoon kosher salt
- ☐ 8 ounces pasta
- ☐ 2 tablespoons olive oil
- ☐ 4 servings parmesan

- ☐ 0.3 teaspoon pepper
- ☐ 0.5 tsp pepper red

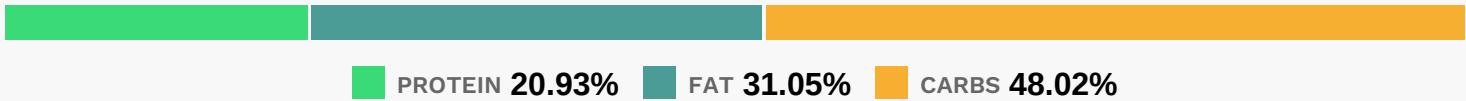
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Cook pasta according to package directions.
- ☐ Meanwhile, heat oil in a large, wide pot over medium-high heat.
- ☐ Add garlic and chile flakes and cook until fragrant, about 2 minutes. Stir in tomatoes and clam juice and cook until hot.
- ☐ Add clams, salt, and pepper. Cook, covered, until clams open, 4 to 5 minutes.
- ☐ Drain cooked pasta and put in a serving bowl.
- ☐ Pour clam sauce over pasta and sprinkle with parsley.
- ☐ Serve with cheese on the side.

Nutrition Facts



Properties

Glycemic Index:47.5, Glycemic Load:18.03, Inflammation Score:-7, Nutrition Score:23.736087052718%

Flavonoids

Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 472.1kcal (23.61%), Fat: 16.27g (25.03%), Saturated Fat: 6.14g (38.4%), Carbohydrates: 56.6g (18.87%), Net Carbohydrates: 53.21g (19.35%), Sugar: 6.17g (6.85%), Cholesterol: 30.61mg (10.2%), Sodium: 1152.99mg (50.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.67g (49.35%), Selenium: 53.95µg (77.08%), Vitamin B12:

4.22µg (70.35%), Vitamin K: 69.87µg (66.54%), Calcium: 430.81mg (43.08%), Phosphorus: 417.72mg (41.77%), Manganese: 0.75mg (37.3%), Vitamin C: 18.63mg (22.58%), Vitamin A: 932.15IU (18.64%), Magnesium: 67.32mg (16.83%), Iron: 3.01mg (16.74%), Vitamin B6: 0.32mg (15.92%), Vitamin E: 2.26mg (15.05%), Copper: 0.3mg (15.04%), Zinc: 2.09mg (13.91%), Fiber: 3.4g (13.58%), Potassium: 456.83mg (13.05%), Vitamin B2: 0.22mg (13.01%), Vitamin B3: 2.13mg (10.67%), Vitamin B1: 0.14mg (9.2%), Folate: 32.68µg (8.17%), Vitamin B5: 0.64mg (6.42%)