



Spicy Turmeric & Habanero Clam Linguine

READY IN



60 min.

SERVINGS



6

CALORIES



468 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 clove garlic unpeeled
- 2 tablespoon olive oil extra-virgin
- 0.5 teaspoon ground turmeric
- 1 habanero minced plus more for garnish if desired seeded
- 2 cup basil leaves plus whole packed chopped
- 1 tablespoon coarsely cracked pepper black
- 0.3 cup hendrick's gin
- 1 cup bottled clam juice
- 48 littleneck clams scrubbed

- 1 lime zest
- 2 tablespoon juice of lime fresh
- 1 pound pasta dried
- 4 tablespoon butter unsalted
- 2 tablespoon kosher salt as needed plus more as seasoning
- 0.5 teaspoon turmeric

Equipment

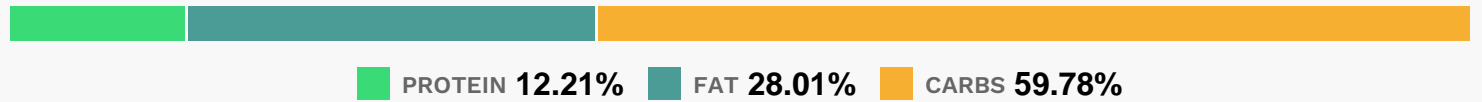
- bowl
- sauce pan
- oven
- pot
- aluminum foil

Directions

- Preheat the oven to 400 degrees F. Loosely wrap the garlic cloves in foil and bake for about 25 minutes, until very soft. Peel the garlic. Set aside.
- Bring 6 quarts of water to a boil in a large pot, and add 2 tablespoons salt. Drop the pasta into the boiling water, stir to separate and cook until al dente, according to package directions.
- Drain and set aside. Reserving the empty pot to use later.
- In a medium saucepan, heat the oil.
- Add the garlic, turmeric and minced habanero and cook over moderate heat until fragrant, about 2 minutes.
- Add the whole basil leaves, black pepper, gin and clam juice, cover and cook over low heat until the liquid has reduced to ½ cup, about 10 minutes. Strain the reduction into the large large pot you boiled the linguine in, pressing on the solids.
- Bring the strained liquid to a boil.
- Add the clams, cover and cook, shaking the pot a few times, until they start to open, 3 minutes; as the clams open, transfer them to a bowl and keep covered. When all of the clams have opened, boil the broth over high heat until reduced to about 2 cups of clam broth, about 5 minutes. Stir in the lime zest and lime juice.

- Add the cooked linguine to the pot with the reduced clam broth and toss to coat.
- Add the butter, 1 tablespoon at a time, until incorporated into the sauce.
- Transfer the pasta to the pot, stirring to combine. Turn the pasta out onto a serving bowl. Top with the clams, chopped basil and additional minced habenero if desired.
- Serve warm with lime wedges on the side.

Nutrition Facts



Properties

Glycemic Index:45.17, Glycemic Load:23.62, Inflammation Score:-10, Nutrition Score:15.997825941314%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 5.25mg, Hesperetin: 5.25mg, Hesperetin: 5.25mg, Hesperetin: 5.25mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 467.99kcal (23.4%), Fat: 13.88g (21.35%), Saturated Fat: 5.7g (35.62%), Carbohydrates: 66.65g (22.22%), Net Carbohydrates: 63.13g (22.96%), Sugar: 3.77g (4.18%), Cholesterol: 25.11mg (8.37%), Sodium: 2484.99mg (108.04%), Alcohol: 3.34g (100%), Alcohol %: 2.18% (100%), Protein: 13.61g (27.23%), Selenium: 53.84µg (76.92%), Manganese: 0.92mg (45.9%), Vitamin K: 37.21µg (35.44%), Vitamin B12: 1.93µg (32.1%), Phosphorus: 206.55mg (20.65%), Vitamin A: 788.7IU (15.77%), Copper: 0.3mg (14.99%), Vitamin C: 11.89mg (14.41%), Fiber: 3.52g (14.1%), Magnesium: 53.69mg (13.42%), Iron: 2mg (11.13%), Vitamin B6: 0.22mg (10.83%), Zinc: 1.35mg (8.99%), Potassium: 295.02mg (8.43%), Vitamin E: 1.25mg (8.36%), Vitamin B3: 1.61mg (8.04%), Vitamin B1: 0.1mg (6.46%), Folate: 25.35µg (6.34%), Calcium: 55.94mg (5.59%), Vitamin B5: 0.47mg (4.68%), Vitamin B2: 0.08mg (4.47%)