



Spinach Fettuccine with Clam-Butter Sauce and Diced Tomatoes

READY IN



35 min.

SERVINGS



4

CALORIES



646 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup freshly basil leaves chopped
- ☐ 4 tablespoons butter
- ☐ 14 ounce canned tomatoes diced drained chopped canned
- ☐ 14 ounce clams whole shelled cooked drained canned
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 4 cloves garlic minced
- ☐ 1 cup chicken broth reduced-sodium
- ☐ 1 tablespoon oregano leaves fresh chopped

- ☐ 0.3 cup parmesan grated
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 0.5 cup shallots chopped
- ☐ 1 pound nests of spinach fettuccine

Equipment

- ☐ frying pan

Directions

- ☐ Cook linguine according to package directions.
- ☐ Meanwhile, melt butter in a large skillet over medium heat.
- ☐ Add shallots and garlic and cook 3 minutes, until soft.
- ☐ Add thyme and oregano and cook 1 minute, until fragrant.
- ☐ Add broth and bring to a simmer.
- ☐ Add linguine and clams and simmer 3 minutes, until heated through. Stir in tomatoes and basil and season, to taste, with salt and black pepper.
- ☐ Transfer to a serving platter and top with Parmesan.

Nutrition Facts



Properties

Glycemic Index:99.5, Glycemic Load:37.76, Inflammation Score:-10, Nutrition Score:26.942173688308%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 645.76kcal (32.29%), Fat: 18.92g (29.11%), Saturated Fat: 9.77g (61.06%), Carbohydrates: 96.86g (32.29%), Net Carbohydrates: 89.39g (32.51%), Sugar: 9.05g (10.05%), Cholesterol: 134.07mg (44.69%), Sodium: 375.58mg

(16.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.6g (49.21%), Selenium: 96.9µg (138.43%), Manganese: 1.42mg (71.2%), Phosphorus: 425.98mg (42.6%), Vitamin B12: 2.17µg (36.14%), Copper: 0.62mg (30.9%), Fiber: 7.46g (29.85%), Vitamin B6: 0.57mg (28.41%), Iron: 5.09mg (28.29%), Magnesium: 106.33mg (26.58%), Vitamin B3: 4.66mg (23.31%), Potassium: 777.08mg (22.2%), Calcium: 205.47mg (20.55%), Vitamin K: 21.39µg (20.37%), Vitamin B1: 0.3mg (20%), Zinc: 3mg (19.98%), Vitamin C: 15.53mg (18.83%), Vitamin A: 912.49IU (18.25%), Vitamin E: 2.36mg (15.7%), Folate: 62.32µg (15.58%), Vitamin B5: 1.5mg (15.03%), Vitamin B2: 0.23mg (13.42%), Vitamin D: 0.37µg (2.48%)