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Clam Sauce

Clam sauce is a classic Italian pasta dish made with fresh clams, garlic, white wine, and parsley. It is typically served over linguine or spaghetti and is a popular seafood option for pasta lovers.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	Fresh Clams
4 cloves	garlic
250 ml	white wine
10 g	Parsley
400 g	linguine

1 tsp	Salt
0.5 tsp	Black pepper
2 tbsp	olive oil

Directions

Step 1

Preparation

Clean the clams thoroughly under cold running water.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Boiling

In a large pot, bring salted water to a boil and cook the linguine according to package instructions.

Prep Time: 0 mins

Cook Time: 10 mins

Step 3

Sautéing

In a large skillet, heat the olive oil over medium heat. Add the garlic and cook until fragrant.

Prep Time: 0 mins

Cook Time: 3 mins

Step 4

Simmering

Add the clams and white wine to the skillet. Cover and cook until the clams open, about 5-7 minutes.

Prep Time: 0 mins

Cook Time: 7 mins

Step 5

Preparation

Remove the cooked clams from the skillet and set aside. Discard any unopened clams.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Cooking

Add the cooked linguine to the skillet and toss to coat in the clam sauce. Cook for an additional 2 minutes to allow the flavors to meld.

Prep Time: 0 mins

Cook Time: 2 mins

Step 7

Serving

Serve the clam sauce linguine in bowls, garnished with chopped parsley and freshly ground black pepper.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 10 g

Protein: 20 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	10 g	35.71%	40%
Cholesterol	30 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	15 mg	16.67%	20%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	6 mg	0.6%	0.6%
Iron	20 mg	250%	111.11%
Potassium	10 mg	0.29%	0.38%
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Cuisines

Italian

Course

Appetizers

Main Dishes

Salads

Sauces & Dressings

Cooking Method

Steaming

Cutting

Mixing

Serving

Cooking

None

Stir-frying

Mashing

Sprinkling

Heating

Preparation

Cooling

Oven

Healthy For

Gastroesophageal reflux disease (GERD)

Gastritis

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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