

# Linguine and Clam Sauce

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-clam-recipe>

## Ingredients:

- 8 ounces linguine dried
- 1 tablespoon extra-virgin olive oil
- 1 shallot large, minced
- 6 1/2 ounces clams cans, drained, with 1/2 cup juice reserved
- 1 lemon
- 1/4 teaspoon red pepper flakes or to taste
- 1/2 cup grated Parmesan cheese freshly

## Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 52 grams
3. Cholesterol: 25 milligrams
4. Fat: 9 grams
5. Fiber: 3 grams
6. Protein: 19 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 230 milligrams
9. Sugar: 2 grams

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