



## Cherry Tomato Fra Diavolo Sauce, Seafood and Pasta

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



796 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 2 pints cherry tomatoes whole halved
- ☐ 2 fresno chile peppers thinly sliced
- ☐ 0.5 cup cooking sherry dry
- ☐ 0.3 cup vermouth dry
- ☐ 1 tablespoon evoo
- ☐ 3 tablespoons evoo
- ☐ 0.3 cup flat-leaf parsley leaves fresh chopped

- ☐ 1 cup basil leaves fresh ( 20)
- ☐ 4 cloves garlic chopped
- ☐ 1 pound pasta
- ☐ 1 teaspoon oregano dried
- ☐ 4 servings pepper freshly ground
- ☐ 1 small onion red finely chopped
- ☐ 4 servings salt
- ☐ 4 servings seafood seasoning such as old bay
- ☐ 1.5 pounds seafood mixed white such as shrimp, crabmeat, lobster meat and firm fish

## Equipment

- ☐ frying pan
- ☐ pot

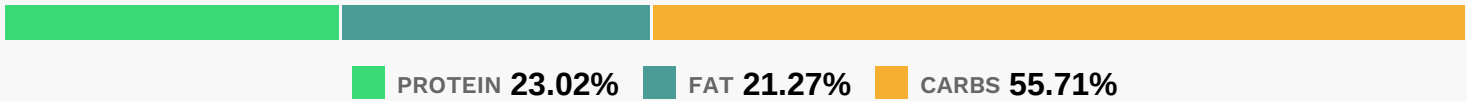
## Directions

- ☐ Heat the EVOO in a pot or skillet with a lid over medium to medium-high heat.
- ☐ Add the garlic, chiles and onions. Cook, stirring, for 5 minutes. Season with salt and stir in the sherry. Cook until reduced by half.
- ☐ Add the tomatoes and oregano, cover and cook until the whole tomatoes burst, 10 to 15 minutes. Stir in the basil and parsley.
- ☐ Remove from the heat.
- ☐ For the pasta: Bring a pot of water to a boil for the pasta, and season with salt. Pat the seafood dry and sprinkle with salt, pepper and about 1 teaspoon seafood seasoning.
- ☐ Heat the EVOO in a skillet over medium-high heat.
- ☐ Add the seafood and cook until opaque and firm (or heated through for the crab or lobster). Deglaze the pan with the vermouth, scraping up the browned bits from the bottom.
- ☐ Meanwhile, cook the linguine until al dente, then drain.
- ☐ Toss the linguine with the sauce and fold in the seafood.
- ☐ Serve the pasta with a green salad dressed with lemon juice and olive oil.

☐

You can make the sauce ahead of time and store it in the refrigerator; reheat it over medium heat.

## Nutrition Facts



## Properties

Glycemic Index:70.75, Glycemic Load:35.72, Inflammation Score:-10, Nutrition Score:32.509130353513%

## Flavonoids

Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

## Nutrients (% of daily need)

Calories: 795.75kcal (39.79%), Fat: 18.23g (28.04%), Saturated Fat: 2.9g (18.11%), Carbohydrates: 107.42g (35.81%), Net Carbohydrates: 99.9g (36.33%), Sugar: 11.61g (12.9%), Cholesterol: 0mg (0%), Sodium: 1764.43mg (76.71%), Alcohol: 4.28g (100%), Alcohol %: 0.84% (100%), Protein: 44.38g (88.77%), Vitamin K: 124.26µg (118.34%), Vitamin C: 95.56mg (115.84%), Selenium: 73.72µg (105.31%), Manganese: 1.67mg (83.31%), Vitamin A: 2066.03IU (41.32%), Phosphorus: 312.66mg (31.27%), Copper: 0.6mg (30.2%), Fiber: 7.52g (30.07%), Vitamin B6: 0.58mg (28.83%), Potassium: 953.23mg (27.24%), Iron: 4.83mg (26.81%), Vitamin E: 3.82mg (25.49%), Magnesium: 101.79mg (25.45%), Folate: 75.4µg (18.85%), Vitamin B3: 3.71mg (18.53%), Vitamin B1: 0.23mg (15.57%), Zinc: 2.24mg (14.91%), Calcium: 109.15mg (10.91%), Vitamin B2: 0.17mg (9.71%), Vitamin B5: 0.92mg (9.24%)