



Fra Diavolo Sauce With Pasta

 Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



335 kcal

SAUCE

Ingredients

- ☐ 8 ounces bay scallops
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 6 cloves garlic crushed
- ☐ 4 tablespoons olive oil divided
- ☐ 16 ounce linguine pasta
- ☐ 1 teaspoon pepper flakes red crushed
- ☐ 1.5 teaspoons salt
- ☐ 8 ounces shrimp deveined peeled

☐ 3 cups tomatoes whole with liquid, chopped peeled

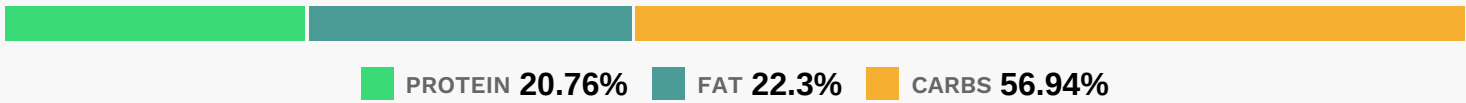
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ pot

Directions

- ☐ In a large saucepan, heat 2 tablespoons of the olive oil with the garlic over medium heat. When the garlic starts to sizzle, pour in the tomatoes. Season with salt and red pepper. Bring to a boil. Lower the heat, and simmer for 30 minutes, stirring occasionally.
- ☐ Meanwhile, bring a large pot of lightly salted water to a boil. Cook pasta for 8 to 10 minutes, or until al dente; drain.
- ☐ In a large skillet, heat the remaining 2 tablespoons of olive oil over high heat.
- ☐ Add the shrimp and scallops. Cook for about 2 minutes, stirring frequently, or until the shrimp turn pink.
- ☐ Add shrimp and scallops to the tomato mixture, and stir in the parsley. Cook for 3 to 4 minutes, or until the sauce just begins to bubble.
- ☐ Serve sauce over pasta.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:17.23, Inflammation Score:-4, Nutrition Score:12.828260857126%

Flavonoids

Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 335.43kcal (16.77%), Fat: 8.31g (12.78%), Saturated Fat: 1.21g (7.58%), Carbohydrates: 47.74g (15.91%), Net Carbohydrates: 44.87g (16.32%), Sugar: 3.7g (4.11%), Cholesterol: 52.45mg (17.48%), Sodium: 717.9mg (31.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.4g (34.81%), Selenium: 39.92µg (57.04%), Manganese: 0.65mg (32.36%), Phosphorus: 284.1mg (28.41%), Copper: 0.35mg (17.68%), Vitamin K: 15.38µg (14.65%), Magnesium: 57.31mg (14.33%), Potassium: 445.43mg (12.73%), Vitamin E: 1.78mg (11.89%), Vitamin C: 9.74mg (11.8%), Vitamin B6: 0.23mg (11.73%), Fiber: 2.87g (11.46%), Iron: 2.02mg (11.23%), Zinc: 1.61mg (10.71%), Vitamin B3: 1.86mg (9.28%), Vitamin B12: 0.4µg (6.66%), Vitamin B1: 0.1mg (6.6%), Calcium: 65.58mg (6.56%), Folate: 22.84µg (5.71%), Vitamin B2: 0.09mg (5.48%), Vitamin A: 222.6IU (4.45%), Vitamin B5: 0.43mg (4.29%)