



Fregola with Clams and Mussels

 Dairy Free

READY IN

ready

15 min.

SERVINGS

servings

6

CALORIES

calories

341 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 6 ounces cherry tomatoes
- ☐ 3 cups chicken stock see
- ☐ 0.5 cup flat-leaf parsley fresh chopped
- ☐ 2 garlic cloves chopped
- ☐ 1 tablespoon kosher salt plus more for seasoning
- ☐ 12 little neck clams cleaned
- ☐ 1 cup marsala wine dry

- ☐ 12 mussels cleaned
- ☐ 0.3 cup olive oil
- ☐ 1 medium onion chopped
- ☐ 3.3 cups fregola pasta
- ☐ 3 cups water

Equipment

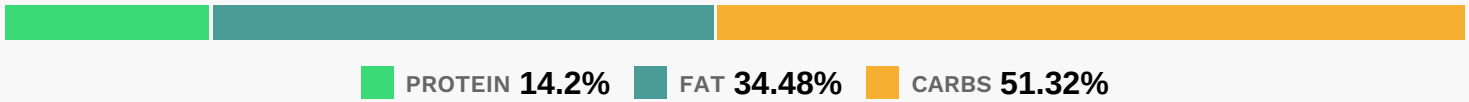
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ wooden spoon
- ☐ dutch oven
- ☐ tongs

Directions

- ☐ In a large pot, combine the chicken stock, water, and 1 tablespoon salt, and bring to a boil over high heat.
- ☐ Add the pasta and cook until tender but still firm to the bite, stirring occasionally, about 8 to 10 minutes.
- ☐ Heat 1/4 cup of the oil, over medium-high heat, in a large Dutch oven.
- ☐ Add the onion, season with salt and pepper, and cook until soft, about 5 to 7 minutes.
- ☐ Add the garlic and cook for 1 minute longer.
- ☐ Add the Marsala wine and grape tomatoes, and cook for 1 minute, scraping the brown bits that cling to the bottom of the pan with a wooden spoon.
- ☐ Add the clams and mussels to the pan. Cover the pan with a tight-fitting lid and cook until all the shellfish have opened, about 5 to 8 minutes. Discard any unopened shellfish.
- ☐ Using tongs, remove the shellfish from the pan and reserve.
- ☐ Drain the pasta and transfer to a large serving bowl.
- ☐ Pour the shellfish cooking liquid over the fregola.
- ☐ Add the remaining olive oil and 1/4 cup of the parsley and toss.

Place the reserved shellfish on top of the fregola and garnish with the remaining parsley.

Nutrition Facts



Properties

Glycemic Index:40, Glycemic Load:10.63, Inflammation Score:-7, Nutrition Score:17.409565407297%

Flavonoids

Petunidin: 2.65mg, Petunidin: 2.65mg, Petunidin: 2.65mg, Petunidin: 2.65mg Delphinidin: 1.56mg, Delphinidin: 1.56mg, Delphinidin: 1.56mg, Delphinidin: 1.56mg Malvidin: 37.93mg, Malvidin: 37.93mg, Malvidin: 37.93mg, Malvidin: 37.93mg Peonidin: 1.57mg, Peonidin: 1.57mg, Peonidin: 1.57mg, Peonidin: 1.57mg Catechin: 3.94mg, Catechin: 3.94mg, Catechin: 3.94mg, Catechin: 3.94mg Epicatechin: 3.02mg, Epicatechin: 3.02mg, Epicatechin: 3.02mg, Epicatechin: 3.02mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 4.73mg, Quercetin: 4.73mg, Quercetin: 4.73mg, Quercetin: 4.73mg

Nutrients (% of daily need)

Calories: 340.96kcal (17.05%), Fat: 11.43g (17.59%), Saturated Fat: 1.82g (11.35%), Carbohydrates: 38.3g (12.77%), Net Carbohydrates: 36.54g (13.29%), Sugar: 7.41g (8.24%), Cholesterol: 9.43mg (3.14%), Sodium: 1401.85mg (60.95%), Alcohol: 6.12g (100%), Alcohol %: 1.96% (100%), Protein: 10.6g (21.19%), Vitamin K: 88.76µg (84.54%), Manganese: 1mg (49.9%), Selenium: 32.36µg (46.24%), Vitamin B12: 2.43µg (40.55%), Vitamin C: 16.33mg (19.79%), Phosphorus: 155.73mg (15.57%), Vitamin B3: 3.06mg (15.28%), Copper: 0.25mg (12.72%), Vitamin A: 603.14IU (12.06%), Potassium: 411.37mg (11.75%), Iron: 2.11mg (11.73%), Vitamin E: 1.69mg (11.25%), Vitamin B2: 0.18mg (10.71%), Magnesium: 40.49mg (10.12%), Vitamin B6: 0.19mg (9.48%), Vitamin B1: 0.13mg (8.68%), Folate: 33.73µg (8.43%), Zinc: 1.09mg (7.26%), Fiber: 1.76g (7.05%), Calcium: 40.35mg (4.04%), Vitamin B5: 0.33mg (3.27%)