



Linguine ai Frutti di Mare

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



425 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 5 ounces calamari cut into thin rings
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.3 cup flat-leaf parsley fresh coarsely chopped
- ☐ 2 cloves garlic sliced
- ☐ 10 ounces pasta
- ☐ 12 littleneck clams
- ☐ 12 mussels black
- ☐ 1 tablespoon olive oil

- ☐ 4 servings pepper flakes red
- ☐ 4 sea scallops quartered
- ☐ 8 shrimp shelled deveined (tail intact)
- ☐ 0.8 cup tomato sauce

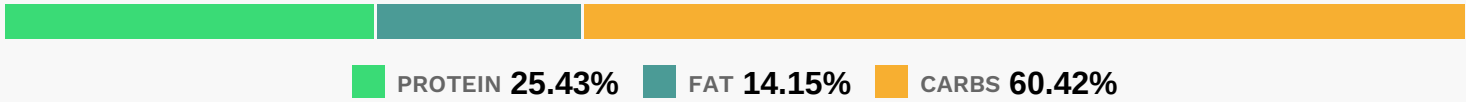
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Boil water in a large pot.
- ☐ Heat oil in a large sauté pan over medium heat. Cook garlic until it sizzles.
- ☐ Add red pepper flakes to taste; cook 1 minute.
- ☐ Add wine and clams; cover. Raise heat to medium-high; cook 5 minutes.
- ☐ Add linguine to boiling water. Cook until al dente. Uncover sauté pan; simmer 1 minute more.
- ☐ Add tomato sauce. Season with salt and pepper.
- ☐ Add rest of seafood. Cook, stirring, until clams and mussels open, about 3 minutes. Toss with linguine.
- ☐ Add parsley; toss. Divide among 4 bowls.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:60.25, Glycemic Load:22.87, Inflammation Score:-8, Nutrition Score:27.889130136241%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 425.15kcal (21.26%), Fat: 6.3g (9.7%), Saturated Fat: 1.04g (6.47%), Carbohydrates: 60.57g (20.19%), Net Carbohydrates: 56.76g (20.64%), Sugar: 4.01g (4.45%), Cholesterol: 127.11mg (42.37%), Sodium: 430.45mg (18.72%), Alcohol: 3.09g (100%), Alcohol %: 1.51% (100%), Protein: 25.49g (50.97%), Selenium: 76.41µg (109.16%), Manganese: 1.66mg (82.92%), Vitamin B12: 4.32µg (72.03%), Vitamin K: 67.26µg (64.06%), Copper: 1.07mg (53.33%), Phosphorus: 394.14mg (39.41%), Vitamin A: 1178.16IU (23.56%), Magnesium: 84.2mg (21.05%), Iron: 3.54mg (19.66%), Potassium: 633.57mg (18.1%), Vitamin B2: 0.3mg (17.83%), Zinc: 2.65mg (17.67%), Vitamin E: 2.64mg (17.59%), Vitamin B3: 3.28mg (16.38%), Fiber: 3.81g (15.23%), Vitamin C: 12.31mg (14.92%), Vitamin B6: 0.27mg (13.41%), Folate: 38.27µg (9.57%), Vitamin B1: 0.14mg (9.05%), Vitamin B5: 0.84mg (8.44%), Calcium: 72.4mg (7.24%)