



## Linguine Pescadoro

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



468 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 6 ounce olives black drained canned
- 28 ounce canned tomatoes crushed canned
- 6.5 ounce clams with juice minced canned
- 10 ounce can baby clams whole canned
- 0.3 teaspoon thyme leaves dried
- 2 cloves garlic minced
- 6 servings ground pepper black to taste
- 0.5 teaspoon penzey's southwest seasoning italian

- 2.5 teaspoons lemon zest
- 3 tablespoons olive oil
- 16 ounce linguini pasta
- 0.3 teaspoon pepper flakes red crushed
- 6 servings salt to taste
- 0.3 pound scallops
- 0.3 pound salad shrimp

## Equipment

- sauce pan
- pot

## Directions

- In a large pot of boiling salted water cook linguini until al dente.
- Drain.
- Meanwhile, in a heavy saucepan over medium heat saute garlic in olive oil until garlic softens.
- Add Italian seasoning, thyme, crushed red pepper flakes, crushed tomatoes, black olives, and the juice from both cans of clams. Simmer for 15 minutes.
- Mix in canned clams, shrimp, scallops, lemon zest, and salt and pepper to taste. Simmer for an additional 15 minutes or until shrimp and clams are cooked.
- Toss cooked and drained linguine pasta over seafood sauce.
- Serve warm.

## Nutrition Facts



**PROTEIN 17.03%** **FAT 24.97%** **CARBS 58%**

## Properties

Glycemic Index:33.5, Glycemic Load:25.62, Inflammation Score:-6, Nutrition Score:19.873478184576%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## **Nutrients (% of daily need)**

Calories: 467.88kcal (23.39%), Fat: 13.18g (20.28%), Saturated Fat: 1.88g (11.73%), Carbohydrates: 68.91g (22.97%), Net Carbohydrates: 62.79g (22.83%), Sugar: 8.05g (8.95%), Cholesterol: 38.47mg (12.82%), Sodium: 920.15mg (40.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.23g (40.47%), Selenium: 55µg (78.58%), Manganese: 1mg (49.89%), Phosphorus: 315.44mg (31.54%), Copper: 0.59mg (29.33%), Vitamin E: 3.97mg (26.49%), Vitamin B12: 1.59µg (26.47%), Fiber: 6.12g (24.47%), Magnesium: 83.86mg (20.96%), Potassium: 672.99mg (19.23%), Iron: 3.4mg (18.9%), Vitamin B6: 0.35mg (17.37%), Vitamin C: 13.58mg (16.47%), Vitamin B3: 3.17mg (15.87%), Vitamin K: 13.74µg (13.09%), Zinc: 1.95mg (12.97%), Vitamin B1: 0.18mg (11.97%), Calcium: 100.67mg (10.07%), Vitamin A: 461.68IU (9.23%), Folate: 35.95µg (8.99%), Vitamin B5: 0.77mg (7.7%), Vitamin B2: 0.13mg (7.5%)