



Linguine with Seafood Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



417 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 large basil leaves
- ☐ 16 ounces bottled clam juice
- ☐ 36 cockles--scrubbed cold drained for 2 hours and
- ☐ 12 servings bell pepper red crushed
- ☐ 2 large garlic cloves smashed
- ☐ 1.5 pounds pasta thin
- ☐ 2 pounds mussels scrubbed
- ☐ 2 tablespoons olive oil extra-virgin

- ☐ 0.5 inch rings halved
- ☐ 56 ounce plum tomatoes italian peeled canned
- ☐ 12 servings salt and pepper freshly ground
- ☐ 1 pound shrimp shelled deveined
- ☐ 2 pounds baby squid cleaned sliced
- ☐ 1 pinch sugar
- ☐ 2 large thyme sprigs

Equipment

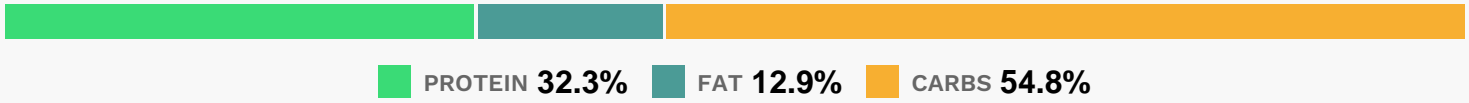
- ☐ food processor
- ☐ bowl
- ☐ pot
- ☐ sieve
- ☐ blender

Directions

- ☐ Puree the Italian plum tomatoes in a food processor or blender. Strain them through a fine sieve set over a large bowl; discard the tomato seeds.
- ☐ In a large enameled cast-iron casserole, heat the extra-virgin olive oil until shimmering.
- ☐ Add the smashed garlic and cook over moderately high heat until fragrant, about 30 seconds.
- ☐ Add the pureed tomatoes, the clam juice, thyme, basil and sugar. Season with salt and pepper and bring to a boil. Cook over moderately low heat until it is reduced by one-third, about 45 minutes.
- ☐ Add the squid and cook over low heat until very tender, about 45 minutes longer.
- ☐ In a large pot of boiling salted water, cook the linguine until al dente.
- ☐ Drain the pasta well and return it to the pot.
- ☐ Add the mussels and cockles to the tomato sauce, cover and cook the sauce over moderately high heat until most of the shells have opened, 3 to 5 minutes.
- ☐ Add the shrimp and cook until they are pink and firm, about 2 minutes longer. Discard any unopened mussels and cockles.

- ☐
- Pour the tomato-seafood sauce over the cooked pasta and toss over high heat for 2 minutes.
- ☐
- Transfer the pasta and sauce to a large warmed bowl, sprinkle with crushed red pepper and serve.
- ☐
- Make Ahead: The tomato-seafood sauce can be prepared through Step 2 and refrigerated overnight. Bring to a simmer before proceeding.
- ☐
- Wine Recommendation: A light, bright white with sharp acidity will point up the shellfish and hint of red pepper in this dish. Try a Gavi such as the 1999 Coppo La Rocca or the superb 1999 La Scolca White Label.

Nutrition Facts



Properties

Glycemic Index:28.76, Glycemic Load:19.2, Inflammation Score:-9, Nutrition Score:33.362174158511%

Flavonoids

Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin: 0.9mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 417.05kcal (20.85%), Fat: 5.94g (9.14%), Saturated Fat: 1.04g (6.5%), Carbohydrates: 56.8g (18.93%), Net Carbohydrates: 52.52g (19.1%), Sugar: 6.48g (7.2%), Cholesterol: 247.8mg (82.6%), Sodium: 562.17mg (24.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.48g (66.97%), Selenium: 87.61µg (125.15%), Manganese: 2.08mg (104%), Copper: 1.89mg (94.44%), Vitamin B12: 5.62µg (93.68%), Phosphorus: 474mg (47.4%), Vitamin A: 1852.99IU (37.06%), Vitamin C: 27.11mg (32.86%), Vitamin B2: 0.48mg (28.38%), Potassium: 925.24mg (26.44%), Magnesium: 101.24mg (25.31%), Iron: 4.27mg (23.74%), Zinc: 3.43mg (22.87%), Vitamin B3: 4.44mg (22.19%), Vitamin E: 3.04mg (20.25%), Fiber: 4.29g (17.14%), Vitamin B6: 0.32mg (15.99%), Vitamin K: 14.63µg (13.93%), Folate: 53.79µg (13.45%), Vitamin B1: 0.19mg (12.74%), Vitamin B5: 0.99mg (9.86%), Calcium: 96.03mg (9.6%)