



Linguine with Shellfish Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



652 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 ounces bay scallops
- ☐ 28 ounce canned tomatoes with basil italian-style canned
- ☐ 1.3 cups wine dry white
- ☐ 2 garlic clove minced
- ☐ 1 pound pasta
- ☐ 2 pounds littleneck clams scrubbed
- ☐ 10 ounce lobster tail pieces shelled uncooked cut into 1-inch pieces
- ☐ 1 pound mussels scrubbed

- ☐ 6 tablespoons olive oil extra virgin extra-virgin
- ☐ 3 tablespoons parsley fresh italian chopped
- ☐ 0.8 teaspoon pepper dried red crushed
- ☐ 8 ounces shrimp deveined uncooked peeled
- ☐ 12 ounces squid rings whole cleaned cut into 1/2-inch-wide rings, tentacles left
- ☐ 2 teaspoons tomato paste
- ☐ 0.3 cup water

Equipment

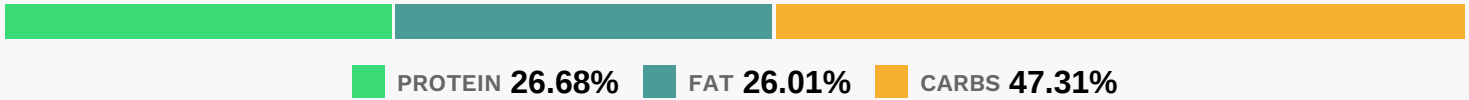
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ sieve
- ☐ colander

Directions

- ☐ Heat 3 tablespoons oil in large skillet over medium heat.
- ☐ Add garlic and crushed red pepper; stir 1 minute.
- ☐ Add squid; sauté just until opaque, about 3 minutes.
- ☐ Add wine; simmer until liquid is reduced by half, about 20 minutes.
- ☐ Add tomatoes with juices and tomato paste. Bring to simmer, breaking up tomatoes. Cover; simmer over low heat 40 minutes.
- ☐ Bring 1/4 cup water to boil in another large skillet over high heat.
- ☐ Add clams and mussels. Cover; cook until shells open, about 6 minutes (discard any clams and mussels that do not open).
- ☐ Transfer shellfish to colander set over medium bowl; drain.
- ☐ Strain juices from skillet and medium bowl through fine sieve into tomato sauce. Simmer sauce uncovered until slightly thickened, about 10 minutes.
- ☐ Add lobster, shrimp and scallops. Simmer 2 minutes.

- ☐ Add clams and mussels from colander. Simmer 1 minute longer. Stir in remaining 3tablespoons oil and parsley. Season with salt and pepper.
- ☐ Meanwhile, cook linguine in large pot of boiling salted water until just tender but still firm to bite.
- ☐ Drain. Return to pot.
- ☐ Add shellfish sauce; toss to coat.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:26.77, Inflammation Score:-8, Nutrition Score:37.394782646843%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 652.3kcal (32.62%), Fat: 17.83g (27.43%), Saturated Fat: 2.7g (16.88%), Carbohydrates: 72.93g (24.31%), Net Carbohydrates: 67.75g (24.63%), Sugar: 8.61g (9.56%), Cholesterol: 231.9mg (77.3%), Sodium: 526.58mg (22.89%), Alcohol: 5.15g (100%), Alcohol %: 1.37% (100%), Protein: 41.14g (82.27%), Selenium: 109.37µg (156.24%), Vitamin B12: 8.36µg (139.31%), Manganese: 2.4mg (119.86%), Copper: 1.93mg (96.52%), Phosphorus: 610.8mg (61.08%), Vitamin K: 49.11µg (46.77%), Vitamin E: 5.11mg (34.08%), Magnesium: 132.63mg (33.16%), Iron: 5.74mg (31.88%), Potassium: 1070.39mg (30.58%), Zinc: 4.29mg (28.57%), Vitamin B2: 0.46mg (26.97%), Vitamin B3: 5.36mg (26.78%), Vitamin C: 21.33mg (25.86%), Vitamin B6: 0.44mg (21.77%), Fiber: 5.19g (20.76%), Vitamin B1: 0.26mg (17.05%), Folate: 59.2µg (14.8%), Vitamin B5: 1.48mg (14.77%), Calcium: 145.36mg (14.54%), Vitamin A: 707.17IU (14.14%)