



## Pasta Shells with Seafood-Tomato Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



406 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 8 ounce bottled clam juice
- 2.5 pounds clams fresh scrubbed ( 45 clams)
- 10 cup shells hot cooked uncooked ( )
- 2 tablespoons cornmeal
- 0.3 teaspoon rosemary dried crushed
- 0.3 teaspoon thyme leaves dried
- 0.5 cup cooking wine dry red
- 0.5 cup parsley fresh chopped

- 4 garlic cloves minced
- 2 cups bell pepper diced green
- 0.8 pound mussels fresh scrubbed ( 10 mussels)
- 29 ounce no-salt-added tomatoes whole undrained chopped canned
- 2 tablespoons olive oil
- 3 cups onion chopped
- 0.5 teaspoon pepper
- 0.5 teaspoon salt
- 1 pound sea scallops
- 1 pound shrimp peeled
- 8 ounce no-salt-added tomato sauce canned

## Equipment

- bowl
- dutch oven

## Directions

- Place clams and mussels in a large bowl, and cover with cold water.
- Sprinkle with cornmeal; let stand 30 minutes.
- Drain and rinse.
- Coat a large Dutch oven with cooking spray; add oil, and place over medium heat until hot.
- Add the onion, bell pepper, and garlic, and saut 5 minutes.
- Add parsley and next 8 ingredients (parsley through tomato sauce); bring to a boil. Cover, reduce heat, and simmer 1 hour, stirring occasionally.
- Add the clams, mussels, shrimp, and sea scallops, and stir well. Cover and cook over medium heat 8 minutes or until clam and mussel shells open and shrimp and sea scallops are done. Discard any unopened shells.
- Serve over pasta.

## Nutrition Facts



■ PROTEIN 29.1% ■ FAT 12.43% ■ CARBS 58.47%

## Properties

Glycemic Index:44, Glycemic Load:21.3, Inflammation Score:-8, Nutrition Score:26.37043488544%

## Flavonoids

Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Malvidin: 3.15mg, Malvidin: 3.15mg, Malvidin: 3.15mg, Malvidin: 3.15mg Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 1.28mg, Epicatechin: 1.28mg, Epicatechin: 1.28mg, Epicatechin: 1.28mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg Isorhamnetin: 2.41mg, Isorhamnetin: 2.41mg, Isorhamnetin: 2.41mg, Isorhamnetin: 2.41mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 10.5mg, Quercetin: 10.5mg, Quercetin: 10.5mg, Quercetin: 10.5mg

## Nutrients (% of daily need)

Calories: 405.86kcal (20.29%), Fat: 5.49g (8.44%), Saturated Fat: 0.91g (5.71%), Carbohydrates: 58.09g (19.36%), Net Carbohydrates: 52.83g (19.21%), Sugar: 7.06g (7.85%), Cholesterol: 93.88mg (31.29%), Sodium: 611.2mg (26.57%), Alcohol: 1.26g (100%), Alcohol %: 0.33% (100%), Protein: 28.91g (57.82%), Vitamin B12: 4.65µg (77.51%), Selenium: 53.95µg (77.08%), Manganese: 1.29mg (64.57%), Vitamin K: 56.97µg (54.26%), Vitamin C: 43.65mg (52.9%), Phosphorus: 444.23mg (44.42%), Iron: 4.61mg (25.6%), Copper: 0.49mg (24.27%), Fiber: 5.26g (21.05%), Magnesium: 83.92mg (20.98%), Potassium: 727.09mg (20.77%), Vitamin B6: 0.39mg (19.44%), Zinc: 2.46mg (16.42%), Vitamin A: 673.96IU (13.48%), Folate: 52.4µg (13.1%), Vitamin E: 1.76mg (11.71%), Vitamin B3: 2.34mg (11.68%), Vitamin B1: 0.16mg (10.47%), Calcium: 103.97mg (10.4%), Vitamin B2: 0.17mg (9.79%), Vitamin B5: 0.66mg (6.62%)