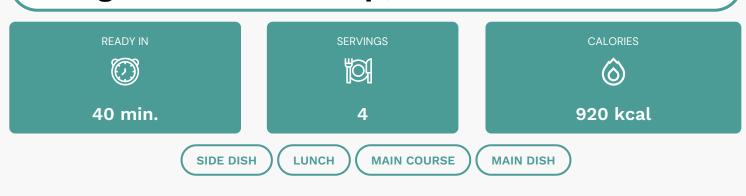


Rigatoni with Shrimp, Calamari and Basil



Ingredients

4 tablespoons butter divided
14 ounces squid rings divided cleaned for another use (bodies only; tentacles reserved)
8 ounce bottled clam juice
0.8 cup basil fresh divided thinly sliced
3 large garlic clove thinly sliced
3 cups leek white green thinly sliced (and pale parts only; 3 large)
6 tablespoons olive oil extra virgin extra-virgin divided
0.5 cup pecorino cheese finely grated (for serving)
0.3 cup peas frozen thawed

	0.3 teaspoon pepper dried red crushed		
	12 ounces rigatoni		
	1 pound shrimp divided deveined uncooked peeled		
Eq	Equipment		
	bowl		
	frying pan		
	pot		
Directions			
	Place half of shrimp in medium bowl. Slicehalf of calamari crosswise into 1/3-inch-widerings and place in small bowl.		
	Coarsely chop remaining shrimp andcalamari; place in processor. Using on/offturns, blend until shrimp mixture is finelychopped.		
	Transfer to another medium bowl.		
	Cook pasta in large pot of boiling saltedwater until just tender but still firm to bite, stirring occasionally.		
	Meanwhile, heat 5 tablespoons oil inlarge skillet over medium-high heat.		
	Addleeks, garlic, and crushed red pepper; sautéuntil leeks are tender but not brown, about5 minutes.		
	Add chopped shrimp mixture;stir until shrimp and calamari are justopaque, about 2 minutes.		
	Add clam juiceand peas; simmer until flavors blend, about 3 minutes. Stir in 3 tablespoonsbutter. Season with salt and pepper. Setsauce aside; cover to keep warm.		
	Melt remaining 1 tablespoon butterwith 1 tablespoon oil in medium nonstickskillet over medium-high heat.		
	Addreserved whole shrimp and sauté 2 minutes.		
	Add calamari rings to shrimp; sprinkle withsalt and pepper and sauté until just opaque,about 2 minutes longer.		
	Remove from heat.		
	Drain pasta; return to same pot.		

Addchopped shrimp and calamari sauce, 1/2 cupcheese, and 1/2 cup basil and toss to blend.
Divide pasta among 4 bowls. Top each serving with sautéed shrimp mixture; sprinkle with remaining 1/4 cup basil. Passadditional cheese separately and serve.
With the pasta, pour adry white with a hit of acidity, like the Benito
Ferrara 2009 Greco di Tufo (Italy, \$25).
Nutrition Facts
DECTEIN 24 270/ EAT 38 560/ CARRS 37 170/

Properties

Glycemic Index:73.83, Glycemic Load:29.01, Inflammation Score:-9, Nutrition Score:36.123912765928%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 920.06kcal (46%), Fat: 39.37g (60.57%), Saturated Fat: 12.98g (81.13%), Carbohydrates: 85.38g (28.46%), Net Carbohydrates: 80.38g (29.23%), Sugar: 7.58g (8.42%), Cholesterol: 456.86mg (152.29%), Sodium: 645.96mg (28.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.75g (111.51%), Selenium: 101.63µg (145.18%), Copper: 2.71mg (135.57%), Phosphorus: 770.04mg (77%), Manganese: 1.33mg (66.74%), Vitamin K: 67.2µg (64%), Vitamin A: 1998.76IU (39.98%), Magnesium: 152.05mg (38.01%), Vitamin E: 5.44mg (36.26%), Vitamin B2: 0.56mg (32.98%), Zinc: 4.92mg (32.77%), Calcium: 318.15mg (31.81%), Potassium: 972.27mg (27.78%), Vitamin C: 21.85mg (26.49%), Iron: 4.45mg (24.74%), Vitamin B12: 1.47µg (24.51%), Vitamin B6: 0.44mg (21.77%), Vitamin B3: 4.35mg (21.73%), Fiber: 5g (20.01%), Folate: 79.84µg (19.96%), Vitamin B1: 0.19mg (12.81%), Vitamin B5: 1.11mg (11.08%)