



WHATSheATE



Scoglio (Seafood Pasta)



Dairy Free

READY IN



52 min.

SERVINGS



6

CALORIES



426 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 16 ounce canned tomatoes whole italian canned
- ☐ 8 clams
- ☐ 1 sprig thyme leaves fresh
- ☐ 2 garlic cloves crushed
- ☐ 8 mussels
- ☐ 2 tablespoons olive oil
- ☐ 2 tablespoons olive oil divided
- ☐ 1 spring oregano fresh

- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 6 servings salt and pepper black freshly ground to taste
- ☐ 4 medium size scallops
- ☐ 8 medium size shrimp peeled
- ☐ 1 pound pasta like spaghetti dry
- ☐ 0.5 cup white wine

Equipment

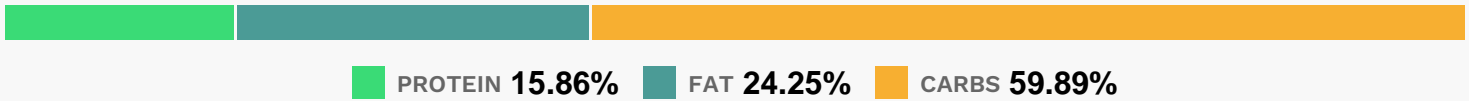
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ spatula

Directions

- ☐ Heat oil in a saucepan over medium heat.
- ☐ Add garlic to oil and cook, stirring, until golden brown. While garlic browns, pour tomatoes into a bowl; break them up using clean hands. Once garlic is browned, add tomatoes and their juices.
- ☐ Add salt and pepper (and oregano if using).
- ☐ Simmer over low heat for 45 minutes, adding water to keep the sauce from becoming too thick. The sauce should be a rich red color. If it turns brick red, its too thick.
- ☐ Cook pasta according to package directions.
- ☐ Drain, reserving 1 cup cooking water.
- ☐ Heat 2 tablespoons oil in a large skillet. Season scallops with salt and pepper; cook over medium high heat, about 2–3 minutes per side, until golden brown on each side.
- ☐ Remove and
- ☐ set aside.
- ☐ In the same pan, cook shrimp until they

- ☐ just turn pink, about 1–2 minutes.
- ☐ Remove and
- ☐ set aside.
- ☐ Add reserved pasta water to pan along with oregano and thyme. Simmer for 10 minutes to create a fish broth, scraping the bottom of the pan with a spatula to release the caramelized bits left over from sauting into the broth.
- ☐ Once the broth is ready, add mussels with remaining 2 teaspoons oil and cover. Cook 2–3 minutes, removing mussels as soon as they open. Set aside. Repeat with the clams, cooking about 4 minutes.
- ☐ Remove and set aside.
- ☐ Strain the remaining fish broth through a sieve and return to the same pan.
- ☐ Add wine and simmer over medium heat, 2–3 minutes, to burn off the alcohol.
- ☐ Add scallops back to the pan. Then add 1/2 cup pomodoro sauce.
- ☐ Add shrimp and a little more pomodoro sauce.
- ☐ Add pasta to the saucepan, stirring to coat with pomodoro sauce. Simmer 2–3 minutes and fold clams and mussels into the pasta.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:52.67, Glycemic Load:23.9, Inflammation Score:-8, Nutrition Score:16.588695401731%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 425.54kcal (21.28%), Fat: 11.03g (16.98%), Saturated Fat: 1.6g (10.02%), Carbohydrates: 61.33g (20.44%), Net Carbohydrates: 57.85g (21.03%), Sugar: 4.22g (4.69%), Cholesterol: 27.75mg (9.25%), Sodium: 194.41mg (8.45%), Alcohol: 2.06g (100%), Alcohol %: 1.19% (100%), Protein: 16.24g (32.47%), Selenium: 54.97µg (78.53%), Manganese: 1.23mg (61.64%), Vitamin B12: 1.76µg (29.38%), Phosphorus: 255.78mg (25.58%), Copper: 0.34mg (16.88%), Magnesium: 62.76mg (15.69%), Vitamin C: 11.81mg (14.32%), Fiber: 3.49g (13.95%), Vitamin A: 667.69IU (13.35%), Potassium: 463.43mg (13.24%), Vitamin E: 1.95mg (12.98%), Vitamin K: 13.12µg (12.49%), Zinc: 1.7mg (11.32%), Iron: 2mg (11.12%), Vitamin B6: 0.21mg (10.31%), Vitamin B3: 2.03mg (10.15%), Folate: 31.99µg (8%), Vitamin B1: 0.12mg (7.87%), Vitamin B2: 0.09mg (5.37%), Vitamin B5: 0.49mg (4.93%), Calcium: 44.4mg (4.44%)