



Seafood Arrabbiata

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



430 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 ounces bay scallops
- 14.5 ounce canned tomatoes diced drained canned
- 0.5 cup bottled clam juice
- 0.3 teaspoon pepper red crushed
- 1 tablespoon basil fresh thinly sliced
- 2 tablespoons parsley fresh chopped
- 3 garlic cloves minced
- 8 ounces pasta uncooked

- 12 littleneck clams
- 12 mussels scrubbed
- 2 tablespoons olive oil extra-virgin divided
- 0.5 cup onion chopped
- 6 ounces shrimp deveined peeled
- 2 tablespoons tomato paste

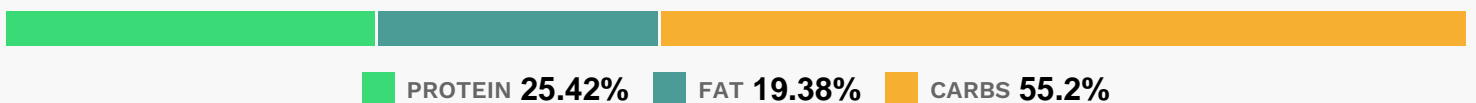
Equipment

- frying pan

Directions

- Cook pasta according to package directions, omitting salt and fat; drain.
- While pasta cooks, heat 1 tablespoon oil in a large nonstick skillet over medium-high heat.
- Add scallops and shrimp to pan; cook 3 minutes.
- Remove scallop mixture from pan; keep warm.
- Heat remaining 1 tablespoon oil in pan over medium-high heat.
- Add onion, red pepper, and garlic; cook 2 minutes.
- Add tomato paste and tomatoes; bring to a boil, and cook 2 minutes.
- Add clam juice; cook 1 minute.
- Add clams; cover, reduce heat to medium, and cook 4 minutes.
- Add mussels; cover and cook 3 minutes or until clams and mussels open. Discard any unopened shells. Stir in scallop mixture and parsley; cook 1 minute or until thoroughly heated.
- Serve over pasta.
- Sprinkle with basil.

Nutrition Facts



Properties

Glycemic Index:90.25, Glycemic Load:20.81, Inflammation Score:-7, Nutrition Score:26.4708695619%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

Nutrients (% of daily need)

Calories: 430.37kcal (21.52%), Fat: 9.34g (14.37%), Saturated Fat: 1.4g (8.76%), Carbohydrates: 59.88g (19.96%), Net Carbohydrates: 55.16g (20.06%), Sugar: 8.89g (9.87%), Cholesterol: 87.41mg (29.14%), Sodium: 604.66mg (26.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.57g (55.14%), Manganese: 1.67mg (83.75%), Selenium: 55.78µg (79.68%), Vitamin B12: 4.26µg (70.97%), Phosphorus: 454.73mg (45.47%), Vitamin K: 45.79µg (43.61%), Copper: 0.61mg (30.64%), Potassium: 868.94mg (24.83%), Vitamin C: 19.58mg (23.73%), Magnesium: 93.27mg (23.32%), Iron: 4.09mg (22.71%), Vitamin E: 2.98mg (19.88%), Fiber: 4.72g (18.87%), Vitamin B6: 0.37mg (18.55%), Zinc: 2.62mg (17.48%), Vitamin B3: 3.33mg (16.65%), Vitamin A: 678.88IU (13.58%), Vitamin B1: 0.2mg (13.21%), Folate: 51.57µg (12.89%), Calcium: 103.48mg (10.35%), Vitamin B2: 0.17mg (10.29%), Vitamin B5: 0.84mg (8.37%)