



Seafood Pasta with Sherry Tomato Cream Sauce

READY IN



15 min.

SERVINGS



8

CALORIES



476 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 pound bow tie pasta
- ☐ 15 ounce canned tomatoes crushed canned
- ☐ 0.5 cup heavy whipping cream
- ☐ 0.5 cup cooking sherry dry
- ☐ 1 handful parsley chopped
- ☐ 3 cloves garlic grated finely chopped
- ☐ 1 teaspoon lemon zest
- ☐ 1 pound bulk lobster pieces raw shelled cooked

- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 8 servings salt
- ☐ 8 servings salt and pepper black freshly ground
- ☐ 0.5 cup seafood stock
- ☐ 2 large shallots chopped
- ☐ 0.5 pound mushroom caps stemmed sliced
- ☐ 1 pinch pepper flakes red crushed

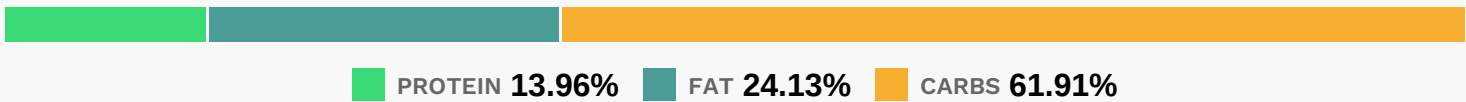
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In a large saucepan boil water for the pasta. When water begins to boil add salt liberally, let water return to a boil and cook pasta to al dente.
- ☐ Drain.
- ☐ Heat a large skillet over medium heat with olive oil, 3 turns of the pan.
- ☐ Add mushrooms, shallots and garlic, red pepper flakes and saute 5 minutes. Deglaze the pan with sherry, stir in stock and tomatoes and bring to a bubble. If using raw seafood, season with lemon zest, salt, and pepper. Raise the heat a bit then add the seasoned seafood and heat through or cook until just about firm and opaque, a couple of minutes. If using cooked seafood, season the seafood when you add it to skillet with lemon zest, salt and pepper.
- ☐ Stir in heavy cream and toss hot pasta with sauce and chives and/or parsley, adjust seasoning and serve.

Nutrition Facts



Properties

Glycemic Index:31.38, Glycemic Load:27.44, Inflammation Score:-6, Nutrition Score:18.076086832129%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 475.85kcal (23.79%), Fat: 12.51g (19.25%), Saturated Fat: 4.48g (28.03%), Carbohydrates: 72.21g (24.07%), Net Carbohydrates: 67.48g (24.54%), Sugar: 6.62g (7.35%), Cholesterol: 37.42mg (12.47%), Sodium: 366.55mg (15.94%), Alcohol: 1.54g (100%), Alcohol %: 0.81% (100%), Protein: 16.29g (32.58%), Selenium: 66.82µg (95.46%), Manganese: 1.02mg (51.01%), Copper: 0.62mg (30.96%), Phosphorus: 256.43mg (25.64%), Fiber: 4.74g (18.95%), Vitamin B3: 3.74mg (18.7%), Magnesium: 72.63mg (18.16%), Vitamin B6: 0.36mg (17.94%), Zinc: 2.32mg (15.44%), Potassium: 534.09mg (15.26%), Vitamin K: 15.07µg (14.36%), Vitamin B5: 1.24mg (12.43%), Iron: 2.21mg (12.28%), Vitamin E: 1.81mg (12.05%), Vitamin B2: 0.19mg (11.11%), Vitamin B1: 0.14mg (9.3%), Vitamin C: 6.85mg (8.3%), Folate: 31.96µg (7.99%), Vitamin A: 380.88IU (7.62%), Calcium: 67.48mg (6.75%), Vitamin B12: 0.22µg (3.7%), Vitamin D: 0.35µg (2.34%)