



WHATSheATE

## Seafood Spaghetti

READY IN



1500 min.

SERVINGS



6

CALORIES



674 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 2 tablespoons basil chopped
- ☐ 0.8 cup basil packed
- ☐ 14 ounce frangelico whole drained coarsely chopped canned
- ☐ 6 garlic clove
- ☐ 0.8 pound mussels rinsed
- ☐ 2 pound octopus legs frozen thawed rinsed cleaned
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 1 pound shrimp deveined peeled
- ☐ 1 pound pasta like spaghetti

- ☐ 0.8 pound squid rings whole cleaned cut into 1/4-inch rounds, and tentacles left
- ☐ 1 bay leaves
- ☐ 1 tablespoon butter unsalted softened
- ☐ 2 cups water

## Equipment

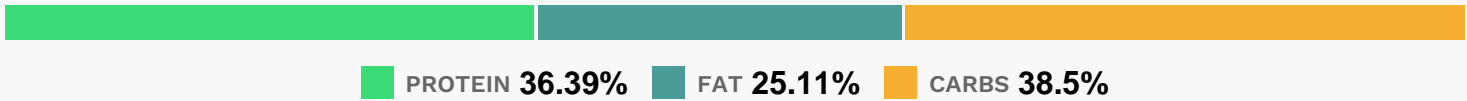
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ blender
- ☐ cutting board
- ☐ pressure cooker

## Directions

- ☐ Put octopus in pressure cooker with water, bay leaf, and 1/2 teaspoon salt and seal pressure cooker with lid, then cook at high pressure according to manufacturer's instructions 10 minutes. Put pressure cooker in sink (do not remove lid) and run cold water over lid until pressure goes down completely.
- ☐ Remove lid.
- ☐ Transfer octopus to a cutting board, reserving 1/2 cup cooking liquid.
- ☐ Cut off and discard head, then cut tentacles into 1-inch pieces.
- ☐ Simmer tomatoes with their juice, basil, and oil in a heavy medium saucepan over medium heat, uncovered, stirring and mashing tomatoes occasionally, until thick and reduced to about 3/4 cup, 20 to 25 minutes.
- ☐ Purée basil, oil, butter, and 1/2 teaspoon salt in a blender, scraping down side as necessary, until smooth.
- ☐ Transfer to a small bowl.
- ☐ Cook spaghetti in a pasta pot of boiling salted water (3 tablespoons salt for 6 quarts water) until al dente.

- ☐ Meanwhile, purée garlic and oil in cleaned blender until smooth.
- ☐ Heat a dry 12–inch heavy skillet (not nonstick) over high heat until hot, 2 to 3 minutes.
- ☐ Add oil mixture, then immediately add octopus, shrimp, and mussels and sauté, stirring occasionally, until shrimp are browned on edges and mussels begin to open, 2 to 3 minutes.
- ☐ Add tomato sauce and reserved octopus–cooking liquid and cook, stirring, until mussels just open wide and shrimp are just cooked through, about 2 minutes more (discard any unopened mussels). Season with salt and pepper.
- ☐ Drain pasta and return to pot.
- ☐ Add squid to hot seafood in skillet, stirring to combine, then add to hot pasta and toss to combine (squid will cook as it is being tossed).
- ☐ Serve drizzled with all of basil purée.
- ☐ · If you do not have a pressure cooker, octopus can be simmered in a 4–quart pot with bay leaf, 1/2 teaspoon salt, and 4 cups water, covered, turning occasionally, until tender, 1 to 1 1/2 hours. · Octopus can be cooked 1 day ahead and chilled, uncovered, until cool, then covered. · Tomato sauce can be made 1 day ahead and chilled, covered.

## Nutrition Facts



## Properties

Glycemic Index:43.67, Glycemic Load:23.53, Inflammation Score:-8, Nutrition Score:38.423043436978%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg 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: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 673.92kcal (33.7%), Fat: 18.46g (28.4%), Saturated Fat: 3.81g (23.84%), Carbohydrates: 63.69g (21.23%), Net Carbohydrates: 61.15g (22.24%), Sugar: 2.06g (2.29%), Cholesterol: 339.51mg (113.17%), Sodium: 555mg (24.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 60.21g (120.42%), Vitamin B12: 34.45µg (574.18%), Selenium: 154.33µg (220.47%), Copper: 2.31mg (115.34%), Manganese: 1.85mg (92.64%), Phosphorus: 775.38mg (77.54%), Iron: 11.16mg (62%), Zinc: 6.02mg (40.16%), Vitamin B6: 0.74mg (37.06%), Magnesium: 144.38mg (36.1%), Potassium: 1152.98mg (32.94%), Vitamin B3: 6.21mg (31.07%), Vitamin E: 4.55mg (30.34%), Vitamin B2: 0.41mg

(23.95%), Vitamin K: 22.91µg (21.82%), Calcium: 185.16mg (18.52%), Vitamin C: 14.14mg (17.14%), Vitamin B5: 1.54mg (15.38%), Folate: 55.46µg (13.87%), Vitamin B1: 0.18mg (11.89%), Vitamin A: 544.8IU (10.9%), Fiber: 2.55g (10.18%)