

food
network



HEALTH SCORE

77%

Spaghetti in a Package: Spaghetti al Cartoccio



Dairy Free



Very Healthy

READY IN



100 min.

SERVINGS



6

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound calamari rings
- ☐ 6 servings chili pepper flakes to taste
- ☐ 1 pound clams cleaned
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.5 bunch parsley leaves fresh chopped for garnish
- ☐ 3 garlic cloves thinly sliced
- ☐ 1 pound mussels cleaned
- ☐ 3 tablespoons olive extra-virgin

- ☐ 3 cups plum tomatoes fresh italian canned peeled roughly chopped
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 1 pound pasta like spaghetti
- ☐ 0.5 cup water

Equipment

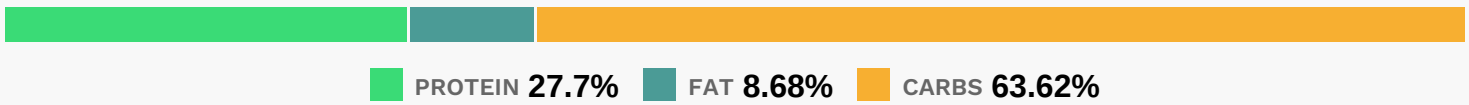
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ sieve
- ☐ aluminum foil

Directions

- ☐ Place the mussels and clams in a large pot with a lid.
- ☐ Add 2 tablespoons olive oil, white wine and the water. Stir to combine. Cover the pot with the lid and place over medium-high heat, stirring occasionally, until the shells open, about 5 to 8 minutes.
- ☐ Remove the pot from the heat and carefully remove the mussels and clams from their shells. Pass the liquid through a fine strainer and reserve.
- ☐ Pour 1/2 cup of olive oil in a 3 or 4-quart saucepan over medium heat. When the oil is hot, but not smoking, add the garlic and cook until pale gold, about 5 minutes.
- ☐ Add the calamari, season with salt and pepper, and cook over low heat for 5 minutes.
- ☐ Add the tomatoes, and simmer for 20 minutes more.
- ☐ Add lots of parsley, mussels, clams, chili flakes and reserved broth. Simmer, covered, for 1 to 2 minutes, then remove from the heat.
- ☐ Preheat the oven to 450 degrees F.
- ☐ In a large pot, bring 6 quarts water to a rolling boil and add 2 tablespoons salt.

- ☐ Add the spaghetti and parboil 6 minutes, stirring often.
- ☐ Drain and remove to a strainer in a bowl of ice water to stop the cooking process.
- ☐ Drain the pasta and add to a bowl.
- ☐ Drizzle with 1 tablespoon olive oil and toss. Spoon half of the seafood sauce over the pasta and toss again to mix well.
- ☐ Using a large square piece of foil turn up all 4 sides of the foil square, forming a 3 to 4-inch wall barricade, so that the sauce won't run out. Spoon all of the pasta and sauce onto the foil square. Pull the sides of the foil in over the mound of pasta and sauce, and seal at the top to form a large package. This can also be done using 4 smaller-sized squares of foil, to create 4 smaller packages.
- ☐ Place the package (or packages) on a baking sheet and bake in the oven for 10 to 12 minutes.
- ☐ Carefully transfer the cooked package (or packages) to 1 large serving dish (or 4 smaller ones). Slice the top of the package open with a knife and serve hot.
- ☐ Garnish with parsley and chili pepper flakes.

Nutrition Facts



Properties

Glycemic Index:51.83, Glycemic Load:25.33, Inflammation Score:-9, Nutrition Score:36.830869799075%

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: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Apigenin: 10.23mg, Apigenin: 10.23mg, Apigenin: 10.23mg, Apigenin: 10.23mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.88mg, Myricetin: 0.88mg, Myricetin: 0.88mg, Myricetin: 0.88mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 444.62kcal (22.23%), Fat: 4.1g (6.3%), Saturated Fat: 0.79g (4.95%), Carbohydrates: 67.62g (22.54%), Net Carbohydrates: 63.29g (23.01%), Sugar: 5.93g (6.59%), Cholesterol: 190.34mg (63.45%), Sodium: 228.55mg (9.94%), Alcohol: 2.06g (100%), Alcohol %: 0.69% (100%), Protein: 29.44g (58.87%), Selenium: 102.72µg (146.74%),

Vitamin B12: 6.89µg (114.85%), Manganese: 2.26mg (113.13%), Copper: 1.79mg (89.69%), Vitamin K: 89.11µg (84.86%), Vitamin C: 44mg (53.33%), Phosphorus: 450.02mg (45%), Vitamin A: 1617.79IU (32.36%), Vitamin B2: 0.48mg (28.42%), Magnesium: 101.15mg (25.29%), Potassium: 845.25mg (24.15%), Vitamin B3: 4.52mg (22.61%), Iron: 4.03mg (22.38%), Zinc: 3.22mg (21.48%), Vitamin B6: 0.35mg (17.49%), Fiber: 4.33g (17.34%), Folate: 61.79µg (15.45%), Vitamin E: 2.18mg (14.52%), Vitamin B1: 0.21mg (13.77%), Vitamin B5: 1.08mg (10.78%), Calcium: 81.93mg (8.19%)