



## Spaghetti with Mussels, Clams and Shrimp

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



692 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 1.5 pounds cherry tomatoes halved
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 0.3 cup cooking wine dry white
- ☐ 8 garlic cloves minced
- ☐ 24 littleneck clams scrubbed
- ☐ 24 mussels scrubbed
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 2 tablespoons parsley chopped

- ☐ 4 servings salt and pepper black freshly ground
- ☐ 0.8 pound shrimp--shelled deveined halved
- ☐ 1 pound pasta like spaghetti

## Equipment

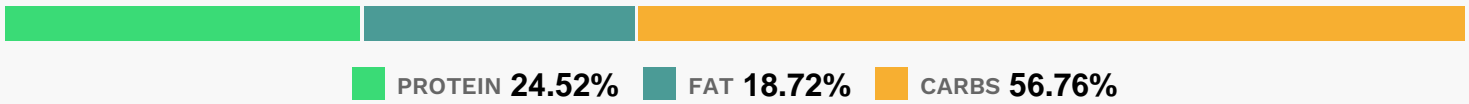
- ☐ bowl
- ☐ sauce pan
- ☐ pot
- ☐ wooden spoon
- ☐ tongs

## Directions

- ☐ Bring the wine to a boil in a medium saucepan.
- ☐ Add the mussels, cover and cook over high heat until they open, about 2 minutes. Using tongs, transfer the mussels to a bowl.
- ☐ Add the clams to the saucepan, cover and cook until they start to open.
- ☐ Transfer them to the bowl with the mussels.
- ☐ Pour the cooking liquid into a small glass measure, leaving behind any grit. Shell the mussels and clams and return them to the bowl.
- ☐ Heat the olive oil in a medium saucepan.
- ☐ Add the garlic and cook over low heat until golden, about 3 minutes.
- ☐ Add the red pepper and half of the cherry tomatoes and cook over moderate heat, crushing the tomatoes with a wooden spoon, until the juices thicken, about 4 minutes.
- ☐ Add the reserved shellfish cooking liquid and simmer over moderate heat until slightly reduced, about 3 minutes.
- ☐ Cook the spaghetti in a large pot of boiling salted water, stirring occasionally, until al dente. Meanwhile, bring the sauce to a simmer over moderate heat.
- ☐ Add the shrimp and cook for 1 minute.
- ☐ Add the remaining cherry tomatoes and the reserved mussels and clams and simmer briefly to heat through.

- ☐ Drain the spaghetti and return it to the pot.
- ☐ Add the seafood sauce and toss to coat. Season with salt and black pepper and transfer to a warmed bowl.
- ☐ Sprinkle with the parsley and serve at once.
- ☐ Wine Recommendation: A citrusy, sharp dry white would offer a welcome contrast to the briny mussels and clams. Look for an Italian Pinot Grigio, such as the 1996 Formentini or the 1996 Pighin.

Nutrition Facts



Properties

Glycemic Index:57, Glycemic Load:35.71, Inflammation Score:-8, Nutrition Score:34.597391294396%

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: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 692.29kcal (34.61%), Fat: 14.14g (21.75%), Saturated Fat: 2.12g (13.26%), Carbohydrates: 96.44g (32.15%), Net Carbohydrates: 91.32g (33.21%), Sugar: 7.5g (8.34%), Cholesterol: 154.42mg (51.47%), Sodium: 281.02mg (12.22%), Alcohol: 1.54g (100%), Alcohol %: 0.42% (100%), Protein: 41.67g (83.34%), Manganese: 3.06mg (153%), Selenium: 99.23µg (141.76%), Vitamin B12: 7.3µg (121.65%), Phosphorus: 579.3mg (57.93%), Vitamin C: 47.23mg (57.25%), Copper: 0.87mg (43.29%), Vitamin K: 44.66µg (42.53%), Magnesium: 128.76mg (32.19%), Iron: 5.59mg (31.05%), Potassium: 1062.78mg (30.37%), Zinc: 3.95mg (26.3%), Vitamin A: 1191.6IU (23.83%), Vitamin B6: 0.41mg (20.52%), Fiber: 5.12g (20.49%), Vitamin E: 3.06mg (20.4%), Vitamin B3: 3.77mg (18.87%), Vitamin B1: 0.26mg (17.25%), Folate: 67.17µg (16.79%), Vitamin B2: 0.23mg (13.33%), Calcium: 130.94mg (13.09%), Vitamin B5: 1.03mg (10.26%)