



Spaghetti with Seafood

 Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



316 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 24 clams
- 1 teaspoon pepper red crushed
- 4 cloves garlic shaved very thin
- 24 mussels
- 0.3 cup olive oil extra-virgin
- 8 pieces sea urchin
- 16 pieces shrimp
- 1 pound pasta like spaghetti

0.5 cup squid rings sliced

Equipment

frying pan

ladle

Directions

Watch how to make this recipe.

Cook the clams and mussels with 1/2 cup water until cooked. Reserve the liquid.

Remove the meat from inside the clams and mussels; discard the shells.

In boiling salted water, begin cooking the spaghetti. Simultaneously, heat up the extra-virgin olive oil on medium-high heat in a large saute pan.

Add the crushed red pepper and shaved garlic and slowly saute. Just when the edges of the garlic become lightly browned, remove the pan from the heat and add a large ladle (approximately 8 ounces) of the pasta cooking water to the saute pan. Put it back on the heat but do not increase the flame.

When the pasta is three-quarters of the way cooked, remove from the boiling water to the saute pan. Reserve the cooking liquid.

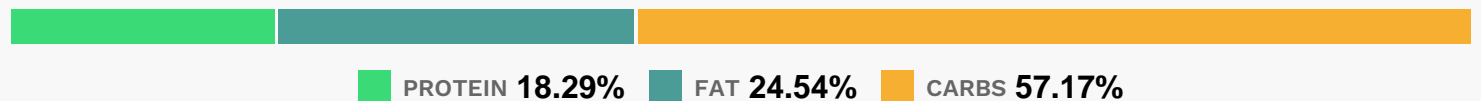
Continue cooking the spaghetti using the reserved pasta cooking liquid, as needed.

Add more clam/mussels liquid to achieve creaminess. Just before the pasta is cooked, add the clams, mussels, squid, and shrimp. Finish cooking the pasta with all the seafood until al dente.

Remove the seafood pasta from the pan and toss with the sea urchin.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:18.63, Glycemic Load:17.67, Inflammation Score:-4, Nutrition Score:16.189565243928%

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 Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 315.71kcal (15.79%), Fat: 8.5g (13.07%), Saturated Fat: 1.27g (7.95%), Carbohydrates: 44.54g (14.85%), Net Carbohydrates: 42.61g (15.49%), Sugar: 1.55g (1.72%), Cholesterol: 47.22mg (15.74%), Sodium: 91.01mg (3.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.25g (28.5%), Selenium: 55.98µg (79.97%), Manganese: 1.39mg (69.65%), Vitamin B12: 3.88µg (64.67%), Copper: 0.48mg (24.24%), Phosphorus: 209.84mg (20.98%), Magnesium: 46.3mg (11.57%), Iron: 2.03mg (11.29%), Zinc: 1.51mg (10.06%), Vitamin E: 1.49mg (9.91%), Vitamin B2: 0.15mg (9.01%), Vitamin B3: 1.76mg (8.8%), Fiber: 1.93g (7.73%), Potassium: 262.85mg (7.51%), Vitamin B1: 0.1mg (6.58%), Vitamin B6: 0.13mg (6.42%), Folate: 21.75µg (5.44%), Vitamin B5: 0.47mg (4.69%), Vitamin K: 4.45µg (4.24%), Vitamin C: 3.12mg (3.79%), Calcium: 30.5mg (3.05%), Vitamin A: 138.11IU (2.76%)