



## Spaghettini with Chopped Shrimp and Scallops in Rich Broth

READY IN



50 min.

SERVINGS



8

CALORIES



313 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 1 small pepper fresh hot
- ☐ 1 cup cooking wine dry white
- ☐ 4 tablespoons flat-leaf parsley fresh finely chopped
- ☐ 1 teaspoon garlic fresh finely minced
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 0.3 cup onions finely chopped
- ☐ 5 ounces scallops fresh
- ☐ 0.5 teaspoon sea salt

- ☐ 3 ounces shrimp
- ☐ 1 pound spaghetti dried
- ☐ 1 tomatoes peeled seeded finely chopped
- ☐ 2 tablespoons butter unsalted softened
- ☐ 0.3 cup water

## Equipment

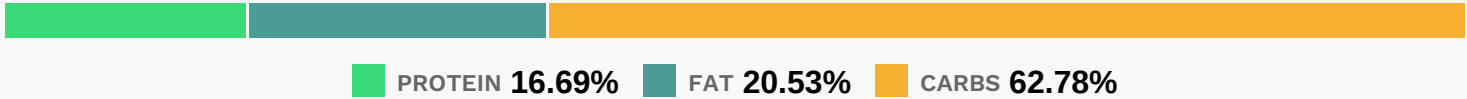
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ sieve

## Directions

- ☐ Peel the shrimp, reserving the shells. Carefully devein the shrimp and coarsely chop. Coarsely chop the scallops and combine with the shrimp and 1/4 cup water in the bowl of a food processor fitted with the steel blade. Pulse on and off to finely chop but don't create a puree.
- ☐ Add another tablespoon of water if the mixture becomes sticky. Cover, and set aside in the refrigerator while you make the broth.
- ☐ Start the broth, or fumet, by heating the olive oil in a large straight-sided saute pan.
- ☐ Add the reserved shrimp shells, onions, garlic, and hot pepper.
- ☐ Saute over moderate heat for about 10 minutes until the onions have softened and the shells have turned deep pink.
- ☐ Add the wine and reduce until you have 1/4 to 1/3 cup left in the pan.
- ☐ Add 4 cups water and boil vigorously to reduce until you have about 3 cups of liquid left. Strain the fumet through a fine sieve into another large saute pan.
- ☐ Add the tomato and bring to a boil. Taste and add salt, if necessary. Set aside over very low heat and simmer gently while you cook the pasta.
- ☐ Bring at least 5 quarts of water to a boil in a large pot. Generously salt the water and drop in the spaghetti. Cook, stirring often, until the pasta is almost al dente, about 4 minutes.

- ☐ Drain the pasta and transfer to the fumet. Fold in the chopped shrimp and scallops along with the butter and parsley. Simmer just until the spaghettini is al dente and the seafood is cooked through, 1 to 2 minutes.
- ☐ Serve immediately.

## Nutrition Facts



### Properties

Glycemic Index:28.63, Glycemic Load:17.64, Inflammation Score:-6, Nutrition Score:11.468260820793%

### Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

### Nutrients (% of daily need)

Calories: 313.47kcal (15.67%), Fat: 6.61g (10.18%), Saturated Fat: 2.37g (14.83%), Carbohydrates: 45.49g (15.16%), Net Carbohydrates: 43.25g (15.73%), Sugar: 2.74g (3.04%), Cholesterol: 28.89mg (9.63%), Sodium: 235.82mg (10.25%), Alcohol: 3.09g (100%), Alcohol %: 2.33% (100%), Protein: 12.1g (24.19%), Selenium: 38.28µg (54.68%), Vitamin K: 36.88µg (35.12%), Manganese: 0.61mg (30.3%), Phosphorus: 204.62mg (20.46%), Vitamin C: 13.34mg (16.17%), Copper: 0.23mg (11.75%), Magnesium: 45.4mg (11.35%), Fiber: 2.24g (8.97%), Vitamin A: 438.23IU (8.76%), Potassium: 287.46mg (8.21%), Zinc: 1.22mg (8.12%), Vitamin B6: 0.16mg (8.09%), Iron: 1.2mg (6.66%), Vitamin B3: 1.32mg (6.59%), Folate: 21.05µg (5.26%), Vitamin B1: 0.07mg (4.56%), Vitamin E: 0.67mg (4.47%), Vitamin B12: 0.26µg (4.26%), Vitamin B5: 0.34mg (3.41%), Vitamin B2: 0.05mg (3.17%), Calcium: 30.57mg (3.06%)