



## Tagliatelle with Saffron, Seafood, and Cream

READY IN



25 min.

SERVINGS



4

CALORIES



953 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 0.5 pint double cream heavy cream
- ☐ 1 bunch flat parsley chopped
- ☐ 1 large garlic clove finely chopped
- ☐ 4 servings olive oil
- ☐ 1 pinch a saffron good
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 680 grams seafood mixed red mullet, scallops, clams, debearded mussels, squid
- ☐ 1 pound tagliatelle dried
- ☐ 1 glass white wine

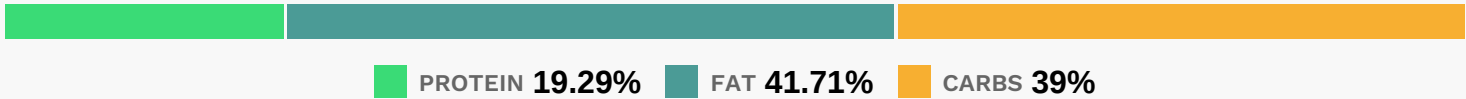
# Equipment

☐ frying pan

# Directions

- ☐ Soak the saffron in the white wine.
- ☐ Add a little oil and the garlic to a frying pan, and cook until softened.
- ☐ Add the clams and mussels, shake the pan around, and add the white wine and saffron mixture. Bring to a boil and cook until the shellfish opens, discard any shellfish that remain closed.
- ☐ Then, lay the rest of the seafood, parsley, and the cream on top. Simmer for 3 to 4 minutes and season to taste. Cook the tagliatelle in salted, boiling water until al dente.
- ☐ Drain and add to the fish, serve scattered with some of the leftover parsley and an extra drizzle of olive oil.

# Nutrition Facts



# Properties

Glycemic Index:55.75, Glycemic Load:34.37, Inflammation Score:-9, Nutrition Score:25.809565274612%

# Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 2.13mg, Myricetin: 2.13mg, Myricetin: 2.13mg, Myricetin: 2.13mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

# Nutrients (% of daily need)

Calories: 952.93kcal (47.65%), Fat: 42.38g (65.2%), Saturated Fat: 17.41g (108.78%), Carbohydrates: 89.17g (29.72%), Net Carbohydrates: 84.23g (30.63%), Sugar: 4.72g (5.25%), Cholesterol: 162.09mg (54.03%), Sodium: 1581.16mg (68.75%), Alcohol: 6.08g (100%), Alcohol %: 1.79% (100%), Protein: 44.1g (88.2%), Vitamin K: 245µg

(233.33%), Selenium: 91.32µg (130.45%), Manganese: 1.09mg (54.54%), Vitamin A: 2140.87IU (42.82%), Phosphorus: 327.82mg (32.78%), Vitamin C: 19.55mg (23.7%), Magnesium: 83.33mg (20.83%), Vitamin E: 3.09mg (20.59%), Fiber: 4.93g (19.74%), Iron: 3.36mg (18.66%), Copper: 0.37mg (18.53%), Zinc: 2.55mg (17.02%), Vitamin B6: 0.32mg (15.88%), Vitamin B1: 0.22mg (14.76%), Folate: 57.55µg (14.39%), Vitamin B2: 0.24mg (13.95%), Vitamin B3: 2.68mg (13.38%), Potassium: 458.41mg (13.1%), Vitamin B5: 1.27mg (12.74%), Calcium: 105.66mg (10.57%), Vitamin D: 1.29µg (8.58%), Vitamin B12: 0.42µg (7.06%)