

Linguine ai Frutti di Mare

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/spigolo-italian-restaurant-stuffed-calamari-recipe>

Ingredients:

- 1 tablespoon olive oil
- 2 cloves garlic sliced
- red pepper flakes
- 1/2 cup dry white wine
- 12 littleneck clams or Manila
- 10 ounces linguine
- 3/4 cup tomato sauce
- 12 mussels black
- 8 shrimp shelled, tail intact and deveined
- 4 sea scallops quartered
- 5 ounces calamari cut into thin rings
- 1/4 cup fresh flat leaf parsley coarsely chopped

Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 68 grams
3. Cholesterol: 130 milligrams
4. Fat: 9 grams
5. Fiber: 5 grams
6. Protein: 31 grams
7. SaturatedFat: 1 grams
8. Sodium: 380 milligrams
9. Sugar: 7 grams

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