

Seafood Linguine al Cartoccio (in foil)

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-lobster-linguine-recipe>

Ingredients:

- 1 1/16 pound linguine 12oz or spaghetti
- 9/16 pound mussels fresh
- 9/16 pound clams fresh
- 7 ounces shrimps fresh, or prawns, 7oz
- 7 ounces squid small
- 8 scampi fresh, 2 per person
- 2/3 pound tomato pulp 10 oz or peeled sauce tomatoes
- 3 garlic cloves peeled and finely chopped
- 2 shallots peeled and finely chopped
- 1 handful fresh parsley finely chopped
- 1/2 glass brandy or white wine
- salt to taste
- 4 tablespoons extra virgin olive oil

Nutrition:

1. Calories: 720 calories
2. Carbohydrate: 77 grams
3. Cholesterol: 230 milligrams
4. Fat: 19 grams
5. Fiber: 3 grams
6. Protein: 46 grams
7. SaturatedFat: 2 grams
8. Sodium: 520 milligrams
9. Sugar: 2 grams

Thank you for visiting our website. Hope you enjoy Seafood Linguine al Cartoccio (in foil) above. You can see more 20 italian lobster linguine recipe Taste the magic today! to get more great cooking ideas.