

# Seafood Linguine Fra Diavolo

Yield: 8 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-italian-seafood-marinara-recipe>

## Ingredients:

- 16 ounces linguine or another long pasta shape, such as fettuccini or spaghetti
- kosher salt
- 1 1/2 pounds seafood
- scallops
- calamari
- 2 tablespoons extra virgin olive oil
- 1 teaspoon crushed red pepper flakes depending on how spicy you want it
- 24 ounces marinara sauce about 2 1/2 cups
- 2 tablespoons chopped fresh parsley optional
- olive oil optional
- parsley optional
- Parmesan cheese optional
- black pepper optional
- crushed red pepper optional

## Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 56 grams
3. Cholesterol: 5 milligrams
4. Fat: 10 grams
5. Fiber: 5 grams
6. Protein: 10 grams
7. SaturatedFat: 2 grams
8. Sodium: 480 milligrams
9. Sugar: 9 grams

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