

# Italian Seafood Pasta

Yield: 3 min  
Total Time: 30 min

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

## Ingredients:

- 1/4 cup olive oil
- 2 cloves garlic minced
- 12 grape tomatoes halved
- 4 tablespoons parsley freshly chopped
- 2 dashes pepper flakes if desired, optional
- 1 pound seafood choice, shrimp, clams, mussels, cut up halibut, tuna etc, 500 grams
- 2 dashes salt
- 3 cups pasta cooked, 6-7 ounces dry, 600 grams cooked

## Nutrition:

1. Calories: 770 calories
2. Carbohydrate: 126 grams
3. Fat: 21 grams
4. Fiber: 9 grams
5. Protein: 23 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 230 milligrams
8. Sugar: 19 grams

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