

Calamari on Pasta

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-squid-pasta-recipe>

Ingredients:

- 1 1/2 pounds squid cleaned
- 2 tablespoons olive oil
- 2 tablespoons butter
- 2 cloves garlic chopped
- 28 ounces tomato sauce
- 1 cup white wine
- 1/2 cup chopped parsley
- salt
- 1 pound linguini or spaghetti
- ground black pepper Freshly

Nutrition:

1. Calories: 640 calories
2. Carbohydrate: 64 grams
3. Cholesterol: 455 milligrams
4. Fat: 21 grams
5. Fiber: 6 grams
6. Protein: 37 grams
7. SaturatedFat: 7 grams
8. Sodium: 1140 milligrams
9. Sugar: 19 grams

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