

Spaghetti with Mixed Seafood

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-clam-spaghetti-recipe>

Ingredients:

- 1/3 cup olive oil
- 3 large garlic cloves thinly sliced
- 1 shallot large, minced
- 1/4 teaspoon red pepper flakes
- 1/2 pound large shrimp peeled and deveined, tails intact
- 1/2 cup dry white wine
- 1/2 pound clams small, such as littleneck or Manila, scrubbed
- 1/2 pound mussels scrubbed and debearded if necessary
- 1/2 pound lump crabmeat fresh-cooked, picked over for shell fragments
- 2 tablespoons salt
- 1 pound spaghetti or linguine
- 1/3 cup fresh basil minced

Nutrition:

1. Calories: 770 calories
2. Carbohydrate: 95 grams
3. Cholesterol: 80 milligrams
4. Fat: 23 grams
5. Fiber: 4 grams
6. Protein: 40 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 3910 milligrams
9. Sugar: 4 grams

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