



## Basil Pan-Seared Scallops over Pasta

 Popular

READY IN



35 min.

SERVINGS



8

CALORIES



362 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 tablespoons basil dried
- 1.5 teaspoons garlic dried minced
- 16 ounce farfalle pasta (bow tie)
- 0.5 teaspoon ground pepper black
- 0.3 cup juice of lemon
- 0.8 cup olive oil
- 1 teaspoon salt
- 24 scallops rinsed drained

9 tablespoons butter

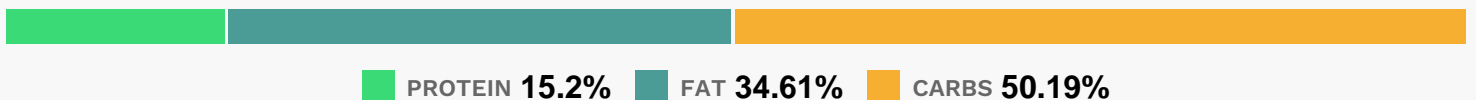
## Equipment

- bowl
- frying pan
- sauce pan
- pot
- baking pan

## Directions

- Bring a large pot of water to a boil. Cook pasta in boiling water for 8 to 10 minutes, or until al dente.
- Drain, rinse, and transfer to a large serving bowl.
- Meanwhile, place scallops in a large bowl. In a small bowl, mix together 1/4 cup olive oil, lemon juice, 1 teaspoon garlic, 1/2 teaspoon salt, and the black pepper.
- Pour mixture over scallops. Arrange scallops in a single layer in a large baking dish or plate.
- Sprinkle 1 tablespoon dried basil over scallops so that only one side is sparsely coated with basil.
- Heat a large skillet over medium-high, and melt one tablespoon of butter in the pan.
- Place 12 scallops basil-side down, and cook for about 3 to 4 minutes until dark golden brown. Turn scallops, and cook the other side. Cook the remaining 12 scallops the same way.
- In a small saucepan, melt remaining butter with 1/2 cup olive oil, 1 tablespoon basil, 1/2 teaspoon garlic, and 1/2 teaspoon salt.
- Toss pasta with butter and olive oil mixture. Divide pasta onto plates, and top with scallops.

## Nutrition Facts



## Properties

Glycemic Index:9.88, Glycemic Load:17.05, Inflammation Score:-4, Nutrition Score:11.392174015874%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 361.98kcal (18.1%), Fat: 13.87g (21.34%), Saturated Fat: 6.21g (38.79%), Carbohydrates: 45.26g (15.09%), Net Carbohydrates: 42.96g (15.62%), Sugar: 1.74g (1.93%), Cholesterol: 27.5mg (9.16%), Sodium: 477.44mg (20.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.7g (27.41%), Selenium: 41.93µg (59.9%), Manganese: 0.65mg (32.43%), Phosphorus: 268.69mg (26.87%), Vitamin K: 20.6µg (19.62%), Magnesium: 48.96mg (12.24%), Iron: 2.05mg (11.41%), Vitamin B12: 0.65µg (10.92%), Copper: 0.2mg (10.07%), Fiber: 2.3g (9.19%), Zinc: 1.34mg (8.96%), Potassium: 272.5mg (7.79%), Vitamin B6: 0.14mg (7.08%), Vitamin E: 1.02mg (6.79%), Vitamin B3: 1.35mg (6.73%), Folate: 22.47µg (5.62%), Vitamin A: 277.37IU (5.55%), Calcium: 46.24mg (4.62%), Vitamin B1: 0.06mg (4.06%), Vitamin B2: 0.07mg (3.88%), Vitamin B5: 0.37mg (3.65%), Vitamin C: 2.97mg (3.59%), Vitamin D: 0.16µg (1.05%)