



Basil Scallops with Spinach Fettuccine

 Dairy Free

READY IN



17 min.

SERVINGS



4

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 teaspoon pepper black freshly ground
- 0.8 cup chicken broth dry white low-sodium
- 1 tablespoon dijon mustard
- 2 tablespoons olive oil extravirgin
- 1 tablespoon basil fresh chopped
- 3 tablespoons parsley fresh chopped
- 0.3 cup green onion finely chopped (2)
- 0.3 teaspoon salt

- 1.5 pounds sea scallops
- 8 ounces nests of spinach fettuccine uncooked

Equipment

- frying pan
- paper towels

Directions

- Cook pasta according to package directions, omitting salt and fat.
- Drain.
- Rinse scallops, and pat dry with a paper towel.
- Sprinkle scallops with pepper.
- Place a large nonstick skillet coated with cooking spray over medium–high heat until hot.
- Add half of scallops; cook 3 minutes on each side or until done.
- Remove scallops from pan; keep warm. Repeat procedure with remaining scallops.
- Combine olive oil and next 3 ingredients; set aside.
- Place same pan over high heat until hot.
- Add wine and green onions, and cook 1 minute.
- Add olive oil mixture; cook 15 seconds.
- Add scallops and any accumulated juices; cook 15 seconds, stirring constantly. Spoon scallops and juices over pasta.
- Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:60.5, Glycemic Load:17.17, Inflammation Score:-6, Nutrition Score:21.642608720323%

Flavonoids

Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 411.14kcal (20.56%), Fat: 10.8g (16.61%), Saturated Fat: 1.95g (12.21%), Carbohydrates: 47.6g (15.87%), Net Carbohydrates: 45.15g (16.42%), Sugar: 1.4g (1.56%), Cholesterol: 88.45mg (29.48%), Sodium: 881.8mg (38.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.88g (59.77%), Selenium: 67.8µg (96.86%), Phosphorus: 727.79mg (72.78%), Vitamin K: 73.69µg (70.18%), Vitamin B12: 2.61µg (43.45%), Manganese: 0.6mg (30.07%), Magnesium: 76.68mg (19.17%), Zinc: 2.78mg (18.52%), Potassium: 576.9mg (16.48%), Vitamin B3: 3.11mg (15.53%), Folate: 54.22µg (13.55%), Vitamin B6: 0.26mg (13.17%), Iron: 2.28mg (12.66%), Copper: 0.25mg (12.56%), Fiber: 2.45g (9.8%), Vitamin B5: 0.92mg (9.19%), Vitamin E: 1.31mg (8.71%), Vitamin B1: 0.12mg (8.21%), Vitamin A: 407.15IU (8.14%), Vitamin C: 5.66mg (6.86%), Vitamin B2: 0.1mg (6.06%), Calcium: 47.03mg (4.7%), Vitamin D: 0.17µg (1.13%)