



Creamy Scallops with Angel Hair Pasta

READY IN



25 min.

SERVINGS



4

CALORIES



650 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 oz angel hair pasta uncooked (capellini)
- 2 tablespoons olive oil
- 0.8 lb scallops fresh thawed drained
- 2 medium tomatoes diced peeled seeded
- 2 garlic clove minced
- 0.3 teaspoon salt
- 0.3 teaspoon pepper black freshly ground
- 1 cup whipping cream
- 1 tablespoon oregano dried fresh chopped

1 cup feta cheese crumbled

Equipment

bowl

frying pan

Directions

Cook pasta as directed on package.

Drain; place in large serving bowl.

Meanwhile, heat oil in large skillet over medium-high heat until hot.

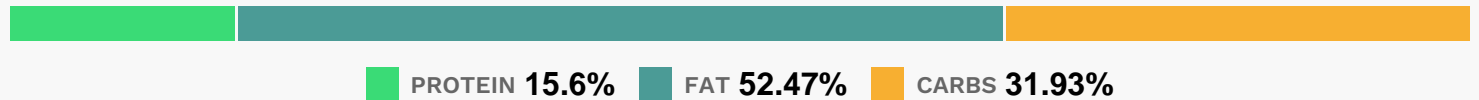
Add scallops, tomatoes and garlic; sprinkle with salt and pepper. Cook about 2 minutes or just until surface of scallops turns opaque, stirring occasionally.

Stir in cream and oregano. Bring just to a boil.

Add to hot pasta in bowl; toss gently to mix.

Sprinkle with cheese. If desired, garnish each serving with sprig of fresh oregano.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:18.21, Inflammation Score:-9, Nutrition Score:21.654347813648%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 649.52kcal (32.48%), Fat: 38g (58.47%), Saturated Fat: 19.94g (124.65%), Carbohydrates: 52.02g (17.34%), Net Carbohydrates: 48.87g (17.77%), Sugar: 4.94g (5.48%), Cholesterol: 121.02mg (40.34%), Sodium: 929.51mg (40.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.43g (50.85%), Selenium: 54.41µg (77.72%), Phosphorus: 571.21mg (57.12%), Manganese: 0.72mg (35.97%), Vitamin B12: 1.93µg (32.14%), Vitamin A:

1569.83IU (31.4%), Vitamin B2: 0.5mg (29.14%), Calcium: 270.7mg (27.07%), Vitamin B6: 0.4mg (20.18%), Zinc: 2.95mg (19.69%), Vitamin K: 19.71µg (18.77%), Magnesium: 70.78mg (17.7%), Potassium: 549.84mg (15.71%), Vitamin E: 2.25mg (14.99%), Copper: 0.25mg (12.62%), Folate: 50.45µg (12.61%), Fiber: 3.15g (12.59%), Vitamin B3: 2.41mg (12.03%), Iron: 2.07mg (11.49%), Vitamin C: 9.28mg (11.25%), Vitamin B1: 0.15mg (10.32%), Vitamin B5: 1.02mg (10.19%), Vitamin D: 1.1µg (7.35%)