



Creamy Seafood Medley with Pasta

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



702 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups broccoli cuts frozen
- 2 stalks celery chopped
- 10.8 ounce campbell's® condensed cream of shrimp soup canned
- 2 tablespoons parsley fresh chopped
- 4 cloves garlic minced
- 1 teaspoon ground pepper black
- 0.5 cup mushrooms sliced
- 2 tablespoons olive oil

- 1 medium onion chopped
- 1 pound sea scallops fresh cut into quarters
- 0.5 pound shrimp frozen thawed cooked peeled
- 16 ounce pasta like spaghetti

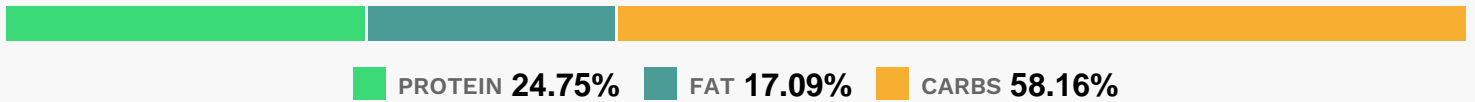
Equipment

- frying pan

Directions

- Heat the oil in a 12-inch skillet over medium heat.
- Add the broccoli, celery, onion, mushrooms and garlic and cook for 3 minutes, stirring occasionally.
- Stir the scallops and shrimp in the skillet and cook for 3 minutes. Stir in the soup, parsley and black pepper and heat to a boil. Reduce the heat to low. Cook for 5 minutes or until the scallops are cooked through.
- Serve the seafood mixture over the spaghetti.

Nutrition Facts



Properties

Glycemic Index:64.75, Glycemic Load:35.71, Inflammation Score:-8, Nutrition Score:32.945217014655%

Flavonoids

Apigenin: 4.89mg, Apigenin: 4.89mg, Apigenin: 4.89mg, Apigenin: 4.89mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 3.71mg, Kaempferol: 3.71mg, Kaempferol: 3.71mg, Kaempferol: 3.71mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 7.15mg, Quercetin: 7.15mg, Quercetin: 7.15mg, Quercetin: 7.15mg

Nutrients (% of daily need)

Calories: 701.73kcal (35.09%), Fat: 13.27g (20.41%), Saturated Fat: 2.42g (15.15%), Carbohydrates: 101.55g (33.85%), Net Carbohydrates: 95.16g (34.6%), Sugar: 6.53g (7.25%), Cholesterol: 126.88mg (42.29%), Sodium: 946.02mg (41.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.22g (86.44%), Selenium: 90.44µg (129.2%), Vitamin

K: 101.95µg (97.1%), Phosphorus: 795.94mg (79.59%), Manganese: 1.5mg (75.07%), Vitamin C: 45.9mg (55.64%), Copper: 0.76mg (37.88%), Magnesium: 126.58mg (31.64%), Potassium: 1008.87mg (28.82%), Vitamin B12: 1.63µg (27.24%), Zinc: 3.86mg (25.73%), Fiber: 6.39g (25.57%), Vitamin B6: 0.43mg (21.46%), Folate: 85.48µg (21.37%), Vitamin B5: 1.98mg (19.81%), Vitamin B3: 3.79mg (18.95%), Iron: 3.32mg (18.46%), Vitamin E: 2.62mg (17.46%), Vitamin A: 754.21IU (15.08%), Vitamin B2: 0.24mg (14.09%), Calcium: 137.13mg (13.71%), Vitamin B1: 0.19mg (12.91%)