



Creamy Seafood Noodles

READY IN



40 min.

SERVINGS



6

CALORIES



243 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup mushrooms fresh sliced
- ☐ 3 cloves garlic minced
- ☐ 0.5 pound imitation crabmeat
- ☐ 1 large onion diced
- ☐ 6 ounce shrimp ramen noodles flavored
- ☐ 6 servings salt and pepper to taste
- ☐ 0.5 pound scallops uncooked
- ☐ 0.5 pound shrimp cooked
- ☐ 2 tablespoons cup heavy whipping cream sour

☐ 3 cups water

Equipment

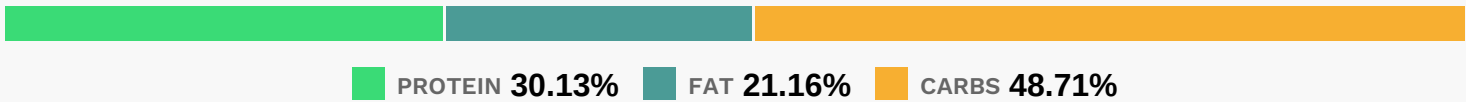
☐ frying pan

☐ sauce pan

Directions

- ☐ Saute the onions and garlic in a lightly oiled or buttered skillet over medium heat, for 5 minutes or until tender.
- ☐ Add the mushrooms and scallops and saute for 2 more minutes.
- ☐ Remove from heat and set aside. (Note: Be sure to not to overcook the scallops.)
- ☐ In a large saucepan over high heat, bring the water to a boil.
- ☐ Add the ramen noodles and boil for 3 minutes, reducing heat as necessary. Stir in the soup flavor packets, sour cream and the reserved scallop mixture. Season with salt and pepper to taste, reduce heat to low and let simmer for 5 minutes.
- ☐ Add the cooked shrimp and the crab, allow to heat through and serve.

Nutrition Facts



Properties

Glycemic Index:22.67, Glycemic Load:8.91, Inflammation Score:-3, Nutrition Score:8.5134781890589%

Flavonoids

Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg

Nutrients (% of daily need)

Calories: 242.91kcal (12.15%), Fat: 5.67g (8.73%), Saturated Fat: 2.65g (16.57%), Carbohydrates: 29.37g (9.79%), Net Carbohydrates: 27.69g (10.07%), Sugar: 3.22g (3.58%), Cholesterol: 76.45mg (25.48%), Sodium: 1185.78mg (51.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.17g (36.34%), Phosphorus: 267.22mg (26.72%), Vitamin B1: 0.32mg (21.51%), Copper: 0.29mg (14.54%), Selenium: 9.65µg (13.78%), Folate: 45.84µg (11.46%), Manganese: 0.23mg (11.36%), Vitamin B12: 0.62µg (10.31%), Vitamin B3: 2.04mg (10.22%), Potassium: 326.46mg

(9.33%), Vitamin B2: 0.16mg (9.33%), Iron: 1.64mg (9.11%), Magnesium: 33.97mg (8.49%), Zinc: 1.26mg (8.4%), Fiber: 1.68g (6.74%), Vitamin B6: 0.12mg (5.96%), Calcium: 51.33mg (5.13%), Vitamin B5: 0.45mg (4.52%), Vitamin C: 2.78mg (3.36%), Vitamin E: 0.45mg (3.01%), Vitamin K: 1.8µg (1.72%)