



Creamy Seafood-Parmesan Pasta

READY IN



14 min.

SERVINGS



4

CALORIES



307 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 teaspoons bottled garlic minced
- ☐ 6 ounces extra wide egg noodles uncooked
- ☐ 0.5 cup half-and-half fat-free
- ☐ 0.5 cup green onions finely chopped (2)
- ☐ 0.3 cup parmesan cheese grated
- ☐ 8 ounces sea scallops
- ☐ 1 teaspoon seafood seasoning (such as Old Bay)
- ☐ 0.5 pound shrimp deveined peeled
- ☐ 2 tablespoons yogurt-based spread (such as Brummel & Brown)

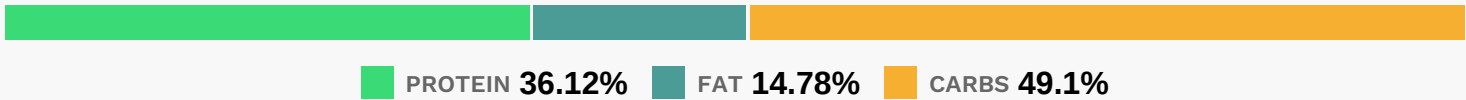
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Cook noodles according to package directions, omitting salt and fat.
- ☐ Rinse scallops, and pat dry with paper towels.
- ☐ Place a large nonstick skillet coated with cooking spray over medium heat until hot.
- ☐ Add scallops, shrimp, seasoning, and garlic; cook 5 minutes, stirring frequently, or until shrimp and scallops are done.
- ☐ Add half-and-half, yogurt spread, and green onions.
- ☐ Remove from heat.
- ☐ Add noodles and cheese, tossing to coat.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:13.04, Inflammation Score:-4, Nutrition Score:15.126087022864%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 306.71kcal (15.34%), Fat: 5.01g (7.7%), Saturated Fat: 2.08g (12.99%), Carbohydrates: 37.42g (12.47%), Net Carbohydrates: 35.62g (12.95%), Sugar: 3.06g (3.4%), Cholesterol: 148.83mg (49.61%), Sodium: 444.36mg (19.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.53g (55.06%), Selenium: 44.21µg (63.16%), Phosphorus: 513.11mg (51.31%), Vitamin K: 30.31µg (28.87%), Manganese: 0.46mg (23.04%), Vitamin B12: 1.2µg (19.96%), Copper: 0.39mg (19.26%), Zinc: 2.73mg (18.21%), Magnesium: 68.83mg (17.21%), Calcium: 165.13mg (16.51%), Potassium: 497.37mg (14.21%), Vitamin B2: 0.16mg (9.64%), Iron: 1.72mg (9.56%), Vitamin B6: 0.18mg (9.01%), Folate: 32.36µg (8.09%), Fiber: 1.8g (7.18%), Vitamin B5: 0.72mg (7.17%), Vitamin B3: 1.42mg (7.12%), Vitamin B1: 0.11mg (7.1%),

Vitamin A: 242.54IU (4.85%), Vitamin C: 2.82mg (3.42%), Vitamin E: 0.28mg (1.89%), Vitamin D: 0.17µg (1.13%)