



Creamy Seafood Pasta Pomodoro

READY IN



35 min.

SERVINGS



35

CALORIES



85 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 lb bay scallops
- 29 oz tomatoes diced undrained canned
- 1 wylers bouillon chicken cube instant flavored
- 8 oz philadelphia cream cheese spread
- 0.5 tsp pepper red divided crushed
- 0.3 cup basil fresh chopped
- 4 cloves garlic minced
- 2 Tbsp milk
- 1.5 lb mussels with beards removed cleaned scrubbed

- 2 Tbsp olive oil divided
- 1 onion chopped
- 1 Tbsp parmesan cheese grated kraft
- 0.5 lb shrimp deveined uncooked peeled
- 0.8 lb pasta like spaghetti uncooked
- 0.3 cup water

Equipment

- frying pan
- sauce pan

Directions

- Cook spaghetti in large saucepan as directed on package, omitting salt. Meanwhile, heat 1 Tbsp. oil in large skillet on medium heat.
- Add shrimp, scallops and 1/4 tsp. crushed pepper; cook 3 min. or until shrimp and scallops are lightly browned, stirring frequently.
- Remove from skillet; cover to keep warm.
- Add remaining oil and onions to skillet; cook and stir 5 min. or until onions are crisp-tender. Stir in garlic and remaining crushed pepper; cook 1 min.
- Add tomatoes, bouillon and water; stir. Bring to boil.
- Add mussels; cover. Cook 4 min. Return shrimp and scallops to skillet; cook, covered, 2 min. or until all the mussels have opened and shrimp and scallops are done and heated through. Discard any unopened mussels.
- Combine cream cheese spread and milk until smooth.
- Drain spaghetti. Return to pan.
- Add cream cheese mixture; toss to coat. Stir in seafood mixture and basil. Top with Parmesan.

Nutrition Facts



PROTEIN 24.91% FAT 29.37% CARBS 45.72%

Properties

Glycemic Index:7.34, Glycemic Load:3.21, Inflammation Score:-2, Nutrition Score:5.2213043003626%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 85.01kcal (4.25%), Fat: 2.76g (4.25%), Saturated Fat: 1.15g (7.16%), Carbohydrates: 9.68g (3.23%), Net Carbohydrates: 9.06g (3.29%), Sugar: 1.22g (1.36%), Cholesterol: 19.02mg (6.34%), Sodium: 156.58mg (6.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.27g (10.54%), Manganese: 0.46mg (23.01%), Vitamin B12: 1.29µg (21.47%), Selenium: 11.61µg (16.58%), Phosphorus: 81.45mg (8.15%), Iron: 0.83mg (4.63%), Copper: 0.08mg (4.2%), Vitamin C: 3.35mg (4.06%), Potassium: 136.89mg (3.91%), Magnesium: 15.59mg (3.9%), Zinc: 0.5mg (3.31%), Vitamin B6: 0.06mg (2.96%), Calcium: 28.54mg (2.85%), Vitamin B3: 0.55mg (2.76%), Vitamin B2: 0.04mg (2.61%), Vitamin B1: 0.04mg (2.57%), Vitamin A: 125.33IU (2.51%), Fiber: 0.62g (2.48%), Folate: 9.61µg (2.4%), Vitamin E: 0.35mg (2.37%), Vitamin K: 1.95µg (1.85%), Vitamin B5: 0.14mg (1.44%)