



Curried Scallops with Angel Hair Pasta

READY IN



25 min.

SERVINGS



2

CALORIES



274 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon curry powder
- ☐ 0.3 cup evaporated skim milk
- ☐ 0.3 cup chicken broth fat free low-sodium
- ☐ 1 teaspoon olive oil extra-virgin
- ☐ 1 onion chopped
- ☐ 10 ounces scallops fresh
- ☐ 2 teaspoons tomato paste low-sodium
- ☐ 2 ounces angel hair pasta whole-wheat

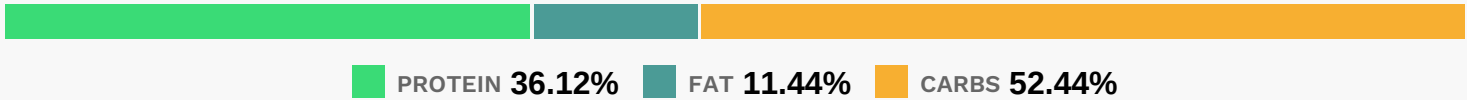
Equipment

- ☐ frying pan
- ☐ pot
- ☐ blender
- ☐ wooden spoon

Directions

- ☐ Bring a pot of lightly salted water to a boil. Cook angel hair in the boiling water until cooked through yet firm to the bite, 4 to 5 minutes; drain. Divide between 2 plates and keep warm.
- ☐ Heat olive oil in a skillet over medium heat. Cook and stir onion in the hot oil until softened, about 3 minutes. Stir curry powder into the onion; cook and stir 1 minute more.
- ☐ Transfer the onion mixture to a blender; add 1/4 cup chicken broth along with evaporated milk and tomato paste.
- ☐ Return the skillet to medium heat. Sear scallops on each side in the hot skillet, 2 to 3 minutes per side.
- ☐ Place scallops atop the angel hair pasta; keep warm.
- ☐ Pour 1/4 cup chicken broth into the pan; bring to a boil while scraping the browned bits of food off of the bottom of the pan with a wooden spoon.
- ☐ Pour the contents of the skillet into the blender; blend until smooth and return the mixture to the skillet. Simmer the sauce until warm; pour over the scallops and pasta to serve.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:1.55, Inflammation Score:-6, Nutrition Score:17.856956730718%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg

Nutrients (% of daily need)

Calories: 273.99kcal (13.7%), Fat: 3.55g (5.47%), Saturated Fat: 0.67g (4.21%), Carbohydrates: 36.63g (12.21%), Net Carbohydrates: 35.12g (12.77%), Sugar: 6.78g (7.53%), Cholesterol: 35.3mg (11.77%), Sodium: 653.73mg (28.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.24g (50.48%), Phosphorus: 642.25mg (64.22%), Selenium: 40.4µg (57.72%), Manganese: 1.02mg (51.2%), Vitamin B12: 2.1µg (35.08%), Magnesium: 91.22mg (22.8%), Potassium: 639.73mg (18.28%), Zinc: 2.45mg (16.34%), Vitamin B3: 3.19mg (15.97%), Vitamin B6: 0.28mg (13.89%), Folate: 54.43µg (13.61%), Calcium: 133.43mg (13.34%), Vitamin B1: 0.19mg (12.94%), Iron: 2.32mg (12.91%), Copper: 0.23mg (11.65%), Vitamin B2: 0.2mg (11.55%), Vitamin B5: 0.9mg (8.96%), Vitamin C: 5.88mg (7.13%), Fiber: 1.51g (6.05%), Vitamin E: 0.78mg (5.18%), Vitamin A: 232.79IU (4.66%), Vitamin D: 0.64µg (4.27%), Vitamin K: 3.11µg (2.96%)