



Easy Seafood Fettucini

READY IN



30 min.

SERVINGS



4

CALORIES



749 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 bay scallops raw
- 4 tablespoons butter
- 10.8 ounce cream of mushroom soup canned
- 4 ounces crab meat
- 3 tablespoons flour all-purpose
- 4 cloves garlic minced
- 2 cups milk
- 16 ounces fettuccini noodles dry
- 1 large onion chopped

4 ounces shrimp fresh deveined peeled

Equipment

frying pan

pot

Directions

Bring a large pot of lightly salted water to a boil.

Add pasta and cook for 8 to 10 minutes or until al dente; drain.

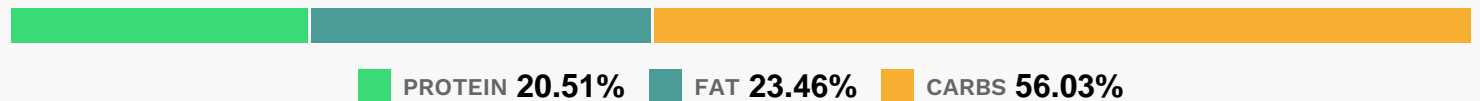
In a large saute pan, melt butter and saute onions and garlic until onions are almost translucent.

Stir in flour, coating all of the onions well. Gradually pour in milk, stirring constantly. Stir in mushroom soup and seafood.

Cook for 10 minutes or until shrimp are pink and scallops are opaque.

Serve over pasta.

Nutrition Facts



Properties

Glycemic Index:65.5, Glycemic Load:40.37, Inflammation Score:-7, Nutrition Score:27.107826331387%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.66mg, Quercetin: 7.66mg, Quercetin: 7.66mg, Quercetin: 7.66mg

Nutrients (% of daily need)

Calories: 749.32kcal (37.47%), Fat: 19.37g (29.8%), Saturated Fat: 10.81g (67.58%), Carbohydrates: 104.08g (34.69%), Net Carbohydrates: 99.45g (36.16%), Sugar: 10.54g (11.71%), Cholesterol: 113.3mg (37.77%), Sodium: 1073.83mg (46.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.1g (76.2%), Selenium: 90.81µg (129.72%), Manganese: 1.43mg (71.73%), Vitamin B12: 3.78µg (62.98%), Phosphorus: 607.49mg (60.75%), Copper: 0.89mg (44.61%), Zinc: 5.43mg (36.18%), Magnesium: 116.51mg (29.13%), Potassium: 802.21mg (22.92%), Calcium:

228.16mg (22.82%), Vitamin B6: 0.42mg (20.77%), Vitamin B2: 0.34mg (20.28%), Fiber: 4.63g (18.53%), Vitamin B3: 3.67mg (18.33%), Vitamin B1: 0.27mg (17.87%), Iron: 2.83mg (15.72%), Folate: 60.95µg (15.24%), Vitamin B5: 1.36mg (13.56%), Vitamin A: 556.22IU (11.12%), Vitamin D: 1.34µg (8.95%), Vitamin C: 5.7mg (6.9%), Vitamin E: 0.52mg (3.49%), Vitamin K: 1.68µg (1.6%)