



Herbed Seafood Pasta

READY IN



45 min.

SERVINGS



4

CALORIES



775 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 16 ounce fettuccine barilla
- ☐ 6 green onions cut into 2-inch strips
- ☐ 2 tablespoons olive oil
- ☐ 1 cup parmesan cheese divided freshly grated
- ☐ 5.5 tablespoons herb-pesto butter divided
- ☐ 0.5 pound sea scallops
- ☐ 0.5 pound shrimp unpeeled

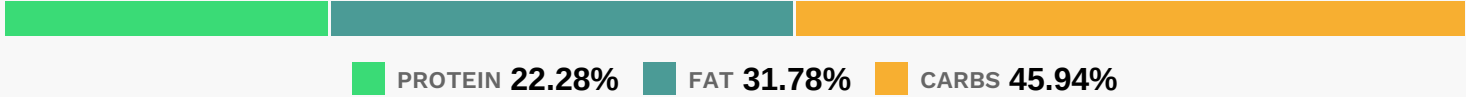
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Prepare pasta according to package directions; drain and set aside. Keep warm.
- ☐ Peel shrimp, and devein, if desired.
- ☐ Heat olive oil and 2 tablespoons Herb-Pesto Butter in a large skillet over medium-high heat.
- ☐ Add shrimp, scallops, and green onions; cook, stirring often, 3 to 5 minutes or just until shrimp turn pink. Stir in 2 more tablespoons Herb-Pesto Butter.
- ☐ Remove seafood mixture from skillet, and keep warm.
- ☐ Melt remaining 1 1/2 tablespoons Herb-Pesto Butter in skillet; remove from heat.
- ☐ Add warm pasta and 1/2 cup Parmesan cheese, tossing to coat. Divide pasta mixture evenly between 4 pasta bowls; top evenly with seafood mixture and remaining 1/2 cup cheese.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:34.19, Inflammation Score:-7, Nutrition Score:25.579130421514%

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 Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg

Nutrients (% of daily need)

Calories: 775.47kcal (38.77%), Fat: 27.27g (41.95%), Saturated Fat: 7.63g (47.72%), Carbohydrates: 88.69g (29.56%), Net Carbohydrates: 84.15g (30.6%), Sugar: 3.23g (3.59%), Cholesterol: 223.55mg (74.52%), Sodium: 946.91mg (41.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.01g (86.02%), Selenium: 105.47µg (150.68%), Phosphorus: 749.16mg (74.92%), Manganese: 1.05mg (52.4%), Vitamin K: 42.47µg (40.44%), Calcium: 346.61mg (34.66%), Zinc: 4.61mg (30.7%), Copper: 0.6mg (29.82%), Magnesium: 110.44mg (27.61%), Vitamin B12: 1.47µg (24.43%), Potassium: 638.36mg (18.24%), Fiber: 4.54g (18.16%), Iron: 3.2mg (17.79%), Vitamin A: 883.52IU (17.67%), Vitamin B6: 0.32mg (15.88%), Vitamin B3: 2.89mg (14.47%), Vitamin B1: 0.21mg (14.23%), Folate: 54.98µg

(13.74%), Vitamin B5: 1.25mg (12.51%), Vitamin B2: 0.21mg (12.42%), Vitamin E: 1.65mg (11.03%), Vitamin C: 3.38mg (4.1%), Vitamin D: 0.47µg (3.1%)