

Key West Penne

READY IN



20 min.

SERVINGS



6

CALORIES



911 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pint heavy cream
- ☐ 0.5 cup kalamata olives pitted
- ☐ 12 ounce marinated artichoke hearts drained
- ☐ 1 cup parmesan cheese grated
- ☐ 16 ounce penne pasta
- ☐ 1 pound scallops
- ☐ 1 pound shrimp
- ☐ 8 ounce sun-dried tomatoes packed in oil

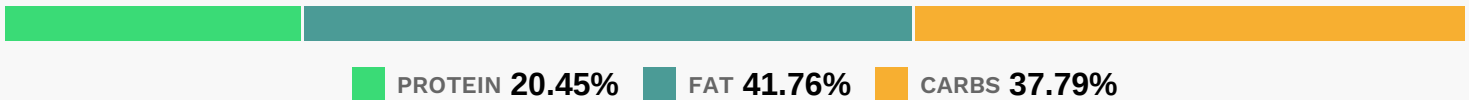
Equipment

- ☐ 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.
- ☐ Heat a large heavy skillet over medium heat.
- ☐ Combine shrimp, scallops, artichokes and sun dried tomatoes, then cook until shrimp turn pink. Reduce heat, and stir in cream and parmesan. Toss with cooked pasta, and sprinkle olives on top.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:27.63, Inflammation Score:-9, Nutrition Score:34.365217706432%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg

Nutrients (% of daily need)

Calories: 911.4kcal (45.57%), Fat: 42.98g (66.12%), Saturated Fat: 22.06g (137.88%), Carbohydrates: 87.52g (29.17%), Net Carbohydrates: 78.95g (28.71%), Sugar: 19.17g (21.3%), Cholesterol: 243.47mg (81.16%), Sodium: 1135.21mg (49.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.36g (94.71%), Selenium: 67.83µg (96.91%), Phosphorus: 843.59mg (84.36%), Manganese: 1.44mg (72.19%), Potassium: 1929.97mg (55.14%), Copper: 1.1mg (54.85%), Vitamin A: 2247.29IU (44.95%), Magnesium: 169.08mg (42.27%), Fiber: 8.57g (34.29%), Vitamin C: 27.2mg (32.97%), Calcium: 326.95mg (32.69%), Iron: 5.72mg (31.76%), Zinc: 4.43mg (29.56%), Vitamin B3: 5.33mg (26.64%), Vitamin B2: 0.45mg (26.36%), Vitamin B12: 1.42µg (23.62%), Vitamin B1: 0.3mg (19.7%), Vitamin K: 19.29µg (18.38%), Vitamin B6: 0.33mg (16.63%), Vitamin B5: 1.54mg (15.35%), Folate: 55.9µg (13.97%), Vitamin D: 1.35µg (8.97%), Vitamin E: 1.33mg (8.84%)