



Lemon Seafood with Pasta

 Dairy Free

READY IN



34 min.

SERVINGS



4

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 pound shells fresh uncooked
- 0.5 pound bay scallops
- 1 medium zucchini cut into 1/4-inch slices (1 1/2 cups)
- 1 small to 3 sized squashes yellow cut into 1/4 inch slices (1 1/2 cups)
- 1 small bell pepper green yellow cut into 1/4-inch strips
- 1 cup chicken broth (from 32-ounce carton)
- 0.3 cup juice of lemon
- 2 tablespoons cornstarch

- 1 tablespoon optional: dill dried fresh chopped
- 0.3 teaspoon salt
- 2 cups rotini pasta hot cooked

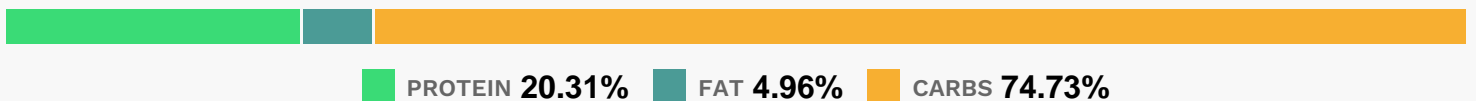
Equipment

- microwave
- measuring cup

Directions

- Peel shrimp. (If shrimp are frozen, do not thaw; peel in cold water.) Make a shallow cut lengthwise down back of each shrimp; wash out vein.
- Mix shrimp, scallops, zucchini, yellow squash and bell pepper in 3-quart microwavable casserole. Cover tightly and microwave on High 8 to 10 minutes, stirring every 3 minutes, until shrimp are pink and firm.
- Drain; let stand covered 5 minutes.
- Mix broth, lemon juice, cornstarch, dill weed and salt in 2-cup microwavable measuring cup until smooth. Microwave uncovered on High 3 to 4 minutes, stirring every minute, until mixture thickens and boils. Stir into seafood mixture.
- Serve seafood mixture over pasta.
- Garnish with additional fresh dill weed if desired.

Nutrition Facts



Properties

Glycemic Index:40.63, Glycemic Load:25.72, Inflammation Score:-6, Nutrition Score:17.054347919381%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg

Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 381.21kcal (19.06%), Fat: 2.08g (3.21%), Saturated Fat: 0.41g (2.58%), Carbohydrates: 70.61g (23.54%), Net Carbohydrates: 66.52g (24.19%), Sugar: 4.8g (5.33%), Cholesterol: 14.78mg (4.93%), Sodium: 595.19mg (25.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.19g (38.38%), Selenium: 59.12µg (84.46%), Manganese: 0.91mg (45.61%), Vitamin C: 34.65mg (42%), Phosphorus: 368.3mg (36.83%), Magnesium: 70.47mg (17.62%), Vitamin B6: 0.34mg (17.18%), Fiber: 4.08g (16.34%), Potassium: 533.25mg (15.24%), Copper: 0.3mg (15.12%), Vitamin B12: 0.81µg (13.52%), Zinc: 1.93mg (12.89%), Folate: 48.76µg (12.19%), Iron: 2.13mg (11.84%), Vitamin B3: 2.19mg (10.98%), Vitamin B2: 0.18mg (10.86%), Vitamin B1: 0.13mg (8.64%), Vitamin B5: 0.62mg (6.22%), Vitamin A: 236.96IU (4.74%), Vitamin K: 4.42µg (4.21%), Calcium: 37.18mg (3.72%), Vitamin E: 0.31mg (2.04%)