



Lemon Seafood with Pasta

 Dairy Free

READY IN



34 min.

SERVINGS



4

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound bay scallops
- ☐ 1 cup chicken broth (from 32-ounce carton)
- ☐ 2 tablespoons cornstarch
- ☐ 1 tablespoon dill dried fresh chopped
- ☐ 0.3 cup juice of lemon
- ☐ 2 cups rotini pasta hot cooked
- ☐ 0.3 teaspoon salt
- ☐ 0.5 pound shells fresh uncooked

- ☐ 1 small bell pepper green yellow cut into 1/4-inch strips
- ☐ 1 small to 3 sized squashes yellow cut into 1/4 inch slices (1 1/2 cups)
- ☐ 1 medium zucchini cut into 1/4-inch slices (1 1/2 cups)

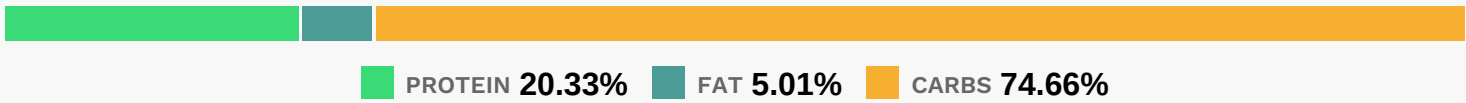
Equipment

- ☐ 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:36.88, Glycemic Load:25.72, Inflammation Score:-6, Nutrition Score:17.464782466059%

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 Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 383.07kcal (19.15%), Fat: 2.12g (3.26%), Saturated Fat: 0.41g (2.59%), Carbohydrates: 71.02g (23.67%), Net Carbohydrates: 66.84g (24.3%), Sugar: 4.8g (5.33%), Cholesterol: 14.78mg (4.93%), Sodium: 596.69mg (25.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.34g (38.67%), Selenium: 59.12µg (84.46%), Manganese: 0.94mg (47.03%), Vitamin C: 34.94mg (42.35%), Phosphorus: 372.3mg (37.23%), Magnesium: 73.79mg (18.45%), Vitamin B6: 0.36mg (17.81%), Fiber: 4.18g (16.74%), Potassium: 557.32mg (15.92%), Copper: 0.31mg (15.3%), Iron: 2.49mg (13.84%), Vitamin B12: 0.81µg (13.52%), Zinc: 1.96mg (13.05%), Folate: 48.61µg (12.15%), Vitamin B3: 2.21mg (11.07%), Vitamin B2: 0.19mg (10.97%), Vitamin B1: 0.13mg (8.84%), Vitamin B5: 0.62mg (6.21%), Vitamin A: 273.12IU (5.46%), Calcium: 50.35mg (5.04%), Vitamin K: 4.42µg (4.21%), Vitamin E: 0.31mg (2.04%)