



Linguine with Bay Scallops, Fennel, and Tomatoes

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



437 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound bay scallops
- ☐ 6 ounce cherry tomatoes halved
- ☐ 1 medium fennel bulb halved very thinly sliced chopped
- ☐ 4 tablespoons parsley fresh divided chopped
- ☐ 1 optional: lemon cut into 4 wedges
- ☐ 8 ounces pasta
- ☐ 3 tablespoons olive oil extra virgin extra-virgin divided

- ☐ 1 medium onion halved thinly sliced
- ☐ 1 tablespoon pernod

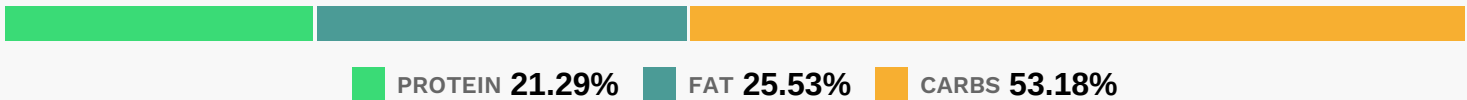
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Cook pasta in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally.
- ☐ Drain, reserving 1/2 cup pasta cooking liquid.
- ☐ Meanwhile, heat 2 tablespoons oil in heavy large skillet over medium-high heat.
- ☐ Add sliced fennel and onion; sprinkle with salt and pepper. Sauté until wilted but crisp-tender, about 6 minutes. Using slotted spoon, transfer to medium bowl.
- ☐ Add remaining 1 tablespoon oil to skillet.
- ☐ Add scallops and sauté until just opaque in center, stirring occasionally, about 2 minutes. Using slotted spoon, transfer to bowl with fennel-onion mixture.
- ☐ Add tomatoes to skillet and sauté until heated through, about 2 minutes. Return fennel-onion mixture and scallops to skillet.
- ☐ Mix in Pernod.
- ☐ Add drained pasta to skillet; toss to coat, adding reserved cooking liquid by 1/4 cupfuls if dry. Stir in 3 tablespoons chopped parsley and 1 tablespoon fennel fronds.
- ☐ Transfer to large shallow bowl, sprinkle with remaining 1 tablespoon chopped parsley, and serve with lemon wedges.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:42.88, Glycemic Load:19.18, Inflammation Score:-8, Nutrition Score:23.484347861746%

Flavonoids

Eriodictyol: 6.4mg, Eriodictyol: 6.4mg, Eriodictyol: 6.4mg, Eriodictyol: 6.4mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 6.33mg, Quercetin: 6.33mg, Quercetin: 6.33mg, Quercetin: 6.33mg

Nutrients (% of daily need)

Calories: 437.34kcal (21.87%), Fat: 12.22g (18.79%), Saturated Fat: 1.84g (11.48%), Carbohydrates: 57.26g (19.09%), Net Carbohydrates: 51.98g (18.9%), Sugar: 6.75g (7.5%), Cholesterol: 27.22mg (9.07%), Sodium: 487.15mg (21.18%), Alcohol: 1.42g (100%), Alcohol %: 0.52% (100%), Protein: 22.92g (45.83%), Vitamin K: 110.02µg (104.78%), Selenium: 51.22µg (73.17%), Phosphorus: 541.83mg (54.18%), Vitamin C: 38.38mg (46.52%), Manganese: 0.75mg (37.31%), Vitamin B12: 1.6µg (26.65%), Potassium: 793.55mg (22.67%), Fiber: 5.28g (21.12%), Magnesium: 75.68mg (18.92%), Folate: 63.95µg (15.99%), Vitamin E: 2.23mg (14.85%), Copper: 0.29mg (14.4%), Vitamin B6: 0.28mg (14.13%), Zinc: 2.12mg (14.1%), Iron: 2.41mg (13.4%), Vitamin A: 633.19IU (12.66%), Vitamin B3: 2.47mg (12.37%), Vitamin B5: 0.78mg (7.8%), Vitamin B1: 0.11mg (7.15%), Calcium: 71.02mg (7.1%), Vitamin B2: 0.1mg (5.65%)