



Linguine with Scallops, Sun-Dried Tomatoes, and Pine Nuts

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



720 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 tablespoons parsley fresh chopped
- 6 cloves garlic minced
- 0.8 pound pasta
- 0.5 cup oil-packed sun-dried tomatoes drained cut into 1/4-inch pieces
- 6 tablespoons olive oil
- 0.3 cup pinenuts
- 0.5 teaspoon red-pepper flakes dried

- 4 servings salt
- 1.5 pounds sea scallops

Equipment

- bowl
- frying pan
- oven
- pot

Directions

- Heat the oven to 35
- Toast the pine nuts in the oven until golden brown, about 8 minutes.
- In a large pot of boiling, salted water, cook the linguine until just done, about 12 minutes.
- Drain the pasta.
- Meanwhile, heat 1 tablespoon of the oil in a large nonstick frying pan over moderately high heat until very hot. Season the scallops with 1/8 teaspoon salt.
- Put the scallops in the pan and sear until brown on the bottom, 1 to 2 minutes. Turn and sear until brown on the other side, 1 to 2 minutes longer.
- Remove the scallops and cut them into quarters.
- In the same pan, heat the remaining 5 tablespoons oil over moderate heat.
- Add the tomatoes, garlic, 2 tablespoons of the parsley, the red-pepper flakes, and 1/2 teaspoon salt. Cook, stirring, for 1 minute. Toss with the pasta, scallops, pine nuts, and the remaining 4 tablespoons of parsley.
- Reconstituting Dry-Packed Sun-Dried Tomatoes: You can use dry-packed tomatoes in place of the oil-packed ones. To reconstitute, put them in a bowl with boiling water to cover well.
- Let sit for five minutes and then drain.
- Wine Recommendation: Many think tocai friulano is northeastern Italy's finest white wine. Full and rich enough to partner the scallops, it also has enough crisp acidity to stand up to the tomatoes. The wine's nutty taste makes it a natural with this dish.

Nutrition Facts



■ PROTEIN 19.44% ■ FAT 36.54% ■ CARBS 44.02%

Properties

Glycemic Index:33.5, Glycemic Load:27.8, Inflammation Score:-8, Nutrition Score:32.144347646962%

Flavonoids

Apigenin: 12.95mg, Apigenin: 12.95mg, Apigenin: 12.95mg, Apigenin: 12.95mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 720.37kcal (36.02%), Fat: 29.4g (45.24%), Saturated Fat: 3.84g (24.01%), Carbohydrates: 79.69g (26.56%), Net Carbohydrates: 74.58g (27.12%), Sugar: 7.86g (8.73%), Cholesterol: 40.82mg (13.61%), Sodium: 889.2mg (38.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.2g (70.39%), Vitamin K: 121.93µg (116.12%), Selenium: 77.03µg (110.05%), Manganese: 1.89mg (94.74%), Phosphorus: 837.45mg (83.74%), Vitamin B12: 2.4µg (39.97%), Magnesium: 134.85mg (33.71%), Potassium: 1116.76mg (31.91%), Copper: 0.62mg (30.83%), Vitamin E: 4.05mg (27%), Zinc: 3.69mg (24.62%), Iron: 4.08mg (22.66%), Vitamin B3: 4.4mg (21.98%), Fiber: 5.1g (20.42%), Vitamin B6: 0.37mg (18.25%), Vitamin C: 14.84mg (17.99%), Folate: 64.07µg (16.02%), Vitamin A: 707.69IU (14.15%), Vitamin B1: 0.21mg (13.77%), Vitamin B5: 1.1mg (10.99%), Vitamin B2: 0.18mg (10.36%), Calcium: 62.12mg (6.21%)