



Mediterranean-Herbed Scallops

READY IN



20 min.

SERVINGS



20

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp butter
- 4 cups fusilli pasta hot cooked
- 0.5 cup cooking wine dry white
- 0.5 cup chicken broth fat-free reduced-sodium
- 0.3 cup athenos feta cheese crumbled traditional
- 2 Tbsp chives fresh divided chopped
- 1 Tbsp mint leaves fresh chopped
- 1 clove garlic minced
- 10 kalamata olives pitted sliced

- 1 Tbsp juice of lime fresh
- 2 plum tomatoes chopped
- 0.3 tsp salt and pepper divided
- 1 lb sea scallops dried well

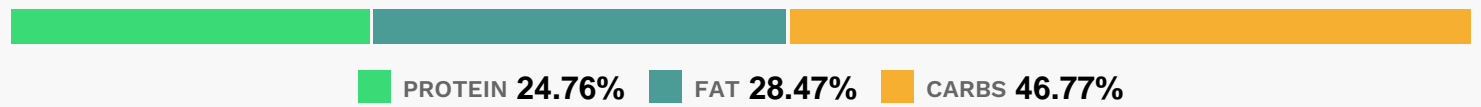
Equipment

- bowl
- frying pan

Directions

- Sprinkle scallops with pepper and 1/8 tsp. salt. Melt butter in large nonstick skillet on medium-high heat.
- Add single layer of scallops; cook 2 to 3 min. on each side or just until firm and browned on both sides.
- Remove from heat; cover to keep warm.
- Add tomatoes and garlic to skillet; cook and stir on medium heat 1 min. Stir in wine, broth and olives; simmer 2 min. or until liquid is reduced by half.
- Stir in 1 Tbsp. each chives, mint and lime juice.
- Add scallops; stir. Simmer on low heat 1 min. or until heated through.
- Add pasta; toss to coat.
- Transfer to bowl; top with cheese and remaining chives.

Nutrition Facts



Properties

Glycemic Index:12.68, Glycemic Load:3.44, Inflammation Score:-2, Nutrition Score:3.000869564712%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg,

Eriodictyol: 0.04mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 79.31kcal (3.97%), Fat: 2.35g (3.62%), Saturated Fat: 1.18g (7.35%), Carbohydrates: 8.69g (2.9%), Net Carbohydrates: 8.11g (2.95%), Sugar: 0.39g (0.44%), Cholesterol: 10.72mg (3.57%), Sodium: 210.93mg (9.17%), Alcohol: 0.62g (100%), Alcohol %: 1.1% (100%), Protein: 4.6g (9.2%), Selenium: 9.67µg (13.81%), Phosphorus: 101.98mg (10.2%), Vitamin B12: 0.38µg (6.26%), Manganese: 0.1mg (4.99%), Magnesium: 11.57mg (2.89%), Zinc: 0.42mg (2.83%), Iron: 0.47mg (2.59%), Vitamin B6: 0.05mg (2.54%), Vitamin A: 123.07IU (2.46%), Potassium: 83.05mg (2.37%), Fiber: 0.58g (2.33%), Vitamin B2: 0.03mg (2%), Folate: 7.71µg (1.93%), Copper: 0.04mg (1.92%), Calcium: 18.96mg (1.9%), Vitamin B3: 0.36mg (1.82%), Vitamin C: 1.32mg (1.6%), Vitamin K: 1.33µg (1.27%), Vitamin B5: 0.12mg (1.19%), Vitamin E: 0.16mg (1.09%)